Cuisinart®

# INSTRUCTION BOOKLET

**Recipe Booklet**
**Reverse Side**




| Cook Central® 3-in-1 Multicooker | MSC-600 |
|---|---|

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

F IB-11027

# IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed:

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.**
3. Do not touch hot surfaces; use handles. Always use oven mitts when handling hot material.
4. To protect against risk of electrical shock, do not immerse the multicooker housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT reach into the liquid**.
5. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the Customer Service Center (see Warranty for details) for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
9. Do not use the multicooker for anything other than its intended use.
10. This unit is not a deep fryer.
11. To avoid the possibility of the multicooker being accidentally pulled off work area, which could result in damage to the cooker or personal injury, do not let cord hang over edge of table or counter.
12. To avoid damage to cord and possible fire or electrocution hazard, do not let cord come into contact with hot surfaces, including a stove.
13. Extreme caution must be used when moving the multicooker containing hot oil or other hot liquids.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.
15. Do not operate multicooker in water or under running water.
16. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.
17. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE POT PROVIDED OR IN CONTAINERS PLACED ON THE COOKING RACK IN THE PROVIDED POT.**
18. **CAUTION:** A heated pot may damage countertops or tables. When removing the hot pot from the multicooker, DO NOT place it directly on any unprotected surface. Always set the hot pot on a trivet or a rack.
19. To disconnect, turn any control to off, then remove plug from wall outlet.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

# SAVE THESE INSTRUCTIONS

# FOR HOUSEHOLD USE ONLY

## SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord. Extension cords may be used if care is exercised.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or tripped over unintentionally.

## NOTICE

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

# CONTENTS



# FEATURES AND BENEFITS

1. **Glass Lid with Handle**
   Check the progress of a dish without releasing heat.

2. **Steaming Rack**
   Elevates ingredients for steaming.

3. **Nonstick Aluminum Cooking Pot**
   Spreads heat evenly to perfectly brown and sauté ingredients right in unit. Extra-large 6-qt capacity.

4. **Control Panel**
   See next page for more detail.

5. **BPA Free (not shown)**
   All parts that come into contact with food are BPA free.



# GETTING TO KNOW YOUR CONTROL PANEL

a. **Cooking Function Buttons**
Use to select SLOW COOK, BROWN/SAUTÉ or STEAM.

b. **Time Directionals**
Use to set cooking time. Press and hold to scroll quickly; press and release to advance more slowly.

c. **Temperature Directionals**
Use to set cooking temperatures. Press and hold to scroll quickly; press and release to advance more slowly.

d. **Start/Stop Button**
Starts and stops cooking function.

e. **Blue Backlit LCD Display**
Side-by-side display shows cooking time and temperature.




# OPERATION

Cooking is simple with the Cook Central® 3-in-1 Multicooker.

1. Select cooking function.
2. Set desired cooking time and temperature.
3. Press START/STOP to begin cooking.
4. To turn off the unit at any time during cooking, press START/STOP.

**NOTE:** The unit is hot. Always use pot holders during and after cooking, and always lift the lid away from you.

## CHANGING SETTINGS

Switching functions during cooking is easy. Press the desired new cooking function button and the unit will adjust to the default settings for your selection. Set your desired time and temperature as needed.

You can also adjust cooking time or temperature at any point with the Time/ Temperature Directionals.

**Do not press START/STOP to select new settings. The unit is already on and cooking.**

## COOKING WITHOUT A TIMER

If you do not wish to program a time, the unit will cook at the selected temperature until you manually turn the heater off. The heater will also turn off automatically after the maximum allowable time for the selected function has been reached.

## SLEEP MODE

The multicooker is equipped with a power-saving Sleep mode that will turn off the lights if the multicooker is not being used. The unit will also enter sleep mode if you manually stop cooking.

Press any button, except Start/Stop, to “wake up” the unit and operate as normal.

# PROGRAMMING

## BROWN & SAUTÉ

1. Press BROWN/SAUTÉ. A preset temperature of 350°F will flash, as this is the most commonly used Brown/ Sauté temperature.
2. Press Temperature Directionals to select a different temperature (from 150°F to 400°F).
3. Press the START/STOP button to begin preheating. Selected temperature will flash during heatup.
4. When selected temperature is reached, two beeps will sound. Add ingredients to cooking pot—for best results, do not crowd pot.
5. Once cooking is complete, press START/STOP to stop cooking, or if you've browned ingredients as a first step, switch to the SLOW COOK function now. There is no need to press START/STOP again, as the unit is already cooking.

**NOTE:** Though browning is usually a hands-on task, you can set a cooking time with the Time Directionals. Countdown will start when selected temperature is reached and unit will automatically shut off when countdown is complete.

## SLOW COOK

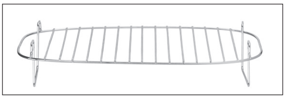
1. Fill cooking pot with ingredients and cover with lid.
2. Press SLOW COOK. A preset temperature setting of LOW will flash, as this is the most commonly used Slow Cook setting.
3. Press Temperature Directionals to select High, Low, Simmer or Warm. Refer to chart on page 6 for more information.
4. Set desired cooking time (up to 24 hours) with Time Directionals.
5. Press the START/STOP button to begin cooking. Selected time and temperature setting (High, Low, Simmer or Warm) will be displayed.

**NOTE:** If you browned ingredients before switching to slow cooking, the unit is already on, so Step 5 is not necessary.

6. When slow cooking on High, Low or Simmer, the unit will beep five times at the end of the cooking time and will automatically switch to the Keep Warm setting for 8 hours.
7. When Warm time elapses, one beep will sound and heater will turn off.
8. To turn the heater off manually at any time, press the START/STOP button.

## STEAM

1. Place no more than 2 quarts of water or other liquid in cooking pot and insert steaming rack as shown below; cover with lid.



2. Press STEAM. Steaming temperature cannot be changed.
3. Set desired cooking time (up to 1½ hours) by pressing Time Directionals.
4. Press the START/STOP button to start preheating. Selected time and temperature will flash as unit heats up.
5. When steaming temperature is reached, the unit will beep two times and the timer will begin counting down cooking time.
6. Carefully lift lid away from you and place food on rack, starting in the middle and working your way out. Be sure to cover pot with lid again.
7. When cooking time is completed, the unit will beep five times and the heater will turn off automatically.
8. Carefully remove food from pot with spoon, fork or tongs.
9. To turn the heater off manually at any time, press the START/STOP button.

**NOTE:** If all water has boiled away, the unit will shut off, so be sure to add enough for the desired steaming task.

# COOKING GUIDELINES

## SLOW COOKING

Slow cooking is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans. Slow cooking is also ideal for tougher and less expensive cuts of meat like shoulder and pot roast.

The Simmer and Low settings are usually used for recipes that cook longer. When starting a dish later in the day, select the High setting to ensure that food is cooked, warm, and ready when you'd like to eat.

To reheat foods, use Brown/Sauté at 350°F and stir until all ingredients are warmed through. Then switch to Slow Cook/Warm until ready to serve.

| SETTING | GUIDELINES | RECIPES | TEMP | TIMER |
|---|---|---|---|---|
| **High** | Use this setting when you don't have time for a long, slow cook and when "baking" on Slow Cook. | Potatoes, casseroles, puddings | 212˚F (100˚C) | Programmable up to 24 hours, then 8 hours (Warm) |
| **Low** | This standard slow cooker temperature is ideal for recipes you start in the morning and enjoy at the end of day. | Braised foods, roasts, stews, ribs, casseroles, shanks, chops, less tender cuts of meat, soups | 200˚F (93˚C) | Programmable up to 24 hours, then 8 hours (Warm) |
| **Simmer** | The longer the cooking time, the more the flavors blend together and intensify. | Soups, stews, stocks | 185˚F (85˚C) | Programmable up to 24 hours, then 8 hours (Warm) |
| **Warm** | Do not use this setting to cook food. It is intended only for keeping cooked food warm. | ---- | 165˚F (74˚C) | Defaults up to 8 hours. Or programmable up to 24 hours |

**NOTE:** The U.S. Department of Agriculture (USDA) recommends that when cooking in a slow cooker, food should reach 140°F within 3 hours.

### Suggested Cuts of Meat for Slow Cooking

| BEEF/VEAL | PORK | LAMB | POULTRY | GAME |
|---|---|---|---|---|
| Choose cuts that are full of flavor and benefit from braising to tenderize. | Less tender cuts work best. Tenderloin will become tough if slow cooked. | Choose flavorful cuts that benefit from braising to tenderize. | Best choice – dark meat – bone-in. Breast meat can become dry when Slow Cooked. | Game generally tends to be less tender; therefore it is perfect for Slow Cooking. |
| Arm pot roast, brisket, short ribs, bottom round, chuck or rump roast, chuck shoulder steak, veal shanks | Boston butt roast; pork shoulder pieces; sausages; country style pork ribs (bone-in); pork shoulder or blade roast | Lamb shoulder; lamb stew meat; lamb shanks | Chicken or turkey legs and thighs | Venison roasts or stew meat, pheasant, duck thighs and legs |

## STEAMING

Steaming is one of the healthiest methods of cooking. No butter or oil is required and fewer nutrients are lost in the steaming process. Four cups/one quart of water is used for basic steaming unless otherwise specified.

### Steaming Chart

| FOOD | AMOUNT | PREPARATION | COOKING TIME |
|---|---|---|---|
| **Artichokes** | 6 individual | trimmed – see recipe page 25 | 45 – 60 minutes |
| **Asparagus** | 1 pound medium | trimmed | 4 – 7 minutes |
| **Broccoli** | 1 bunch (about 16 to 20 oz.) | 2-inch florets | 7 – 10 minutes |
| **Carrots, baby** | 1 pound | whole | 10 – 12 minutes |
| **Cauliflower** | 1 small head (about 20 oz.) | 2-inch florets | 7 – 9 minutes |
| **Corn** | 4 ears | husked | 10 – 12 minutes |
| **Green Beans** | 1 pound | trimmed | 8 – 10 minutes |
| **Peas, snow** | 1 pound | trimmed | 4 minutes |
| **Potatoes, new** | 1 pound | quartered/halved | 15 – 20 minutes |
| **Potatoes, yellow/gold** | 16–20 ounces | slices or ¾-inch pieces | 15 – 20 minutes |
| **Potatoes, sweet** | 16–20 ounces | slices or ¾-inch pieces | 10 – 15 minutes |
| **Squash, summer/zucchini** | 1 pound | ½-inch slices | 5 – 8 minutes |
| **Chicken** | ¾ pound (about 2 medium breasts) | whole | 12 – 15 minutes |
| **Shrimp*** | 1 pound (large) (about 21-25) | peeled & deveined | 4 – 5 minutes |
| **Fin Fish (salmon, swordfish, etc.)** | 1 pound | cut into portion sizes | 8 – 12 minutes |

***3 cups of water should be used here**

## BROWN/SAUTÉ

Use Brown/Sauté as you would a skillet or sauté pan on the stovetop for a variety of recipes. Prepare a quickly sautéed skillet dish, or brown food right in the pot as the first step in many braised or slow-cooked family favorites.

To reheat foods, use Brown/Sauté at 350°F and stir until all ingredients are warmed through. Then switch to Slow Cook/Warm until ready to serve.

# TIPS & HINTS

**HEATUP TIMES** may vary based on a number of factors. Approximate times are:

- Brown/Saute (350°F, empty pot) – 6 minutes
- Steam (1 quart of water) – 10 minutes

**THE COOKING POT** is designed specifically for use in the multicooker. Do not use in oven or on stovetop. Take it right to the table to serve!

**THE STEAMING RACK** should be placed in the UP position to raise food above water. NOTE: The metal steaming rack is specially designed for this pot and will not damage the coating if used as directed.

## BROWN/SAUTÉ

- For even browning, it is important not to crowd the pan. Foods should be cooked in an even layer. Cook larger portions in batches when necessary.
- When browning and sautéing foods before slow cooking, some items may produce a lot of grease. To remove excess, use pot holders to carefully remove the pot from the base; pour off the grease from the corner of the pot. Return the cooking pot to the base and finish cooking.
- When browning meats, browned bits left in the bottom of the pot can be used to flavor the dish. Simply add a small amount of liquid (like water, wine or broth) to the pan and scrape up the browned bits with a wooden spoon – leave in pot. Incorporate into the dish or sauce.
- Foods can be reheated with the Brown/Sauté function. Put precooked food into the cooking pot. Set on Brown/Sauté at 350°F and stir until all ingredients are warmed through. Once food is simmering, switch to Warm on the Slow Cook function until ready to serve.

## SLOW-COOKING

- Browning foods before slow cooking adds more depth and flavor to the finished dish. If time is short skip this step and add all ingredients to your cooking pot to slow cook. The only exception is ground meats, which should always be browned before slow cooking.
- When converting a traditional slow cook recipe to include Brown/Sauté, the liquid amount must be increased. This is because cooking starts at a higher temperature than it would in a traditional slow cooker. Recipes vary, but the approximate guideline is to double the liquid for a long braise and increase it by about 50% for a soup or stew. Set the timer to the lower end of the recommended time range.
- For best results, fill multicooker at least one-quarter full but not more than three-quarters full.
- To ensure that root vegetables such as carrots and potatoes are cooked through, cut them no larger than 2 inches. This is most important for dishes that slow-cook less than 6 hours.
- "Crisp-tender" vegetables should be added during the last 30 minutes of cooking time to prevent overcooking. Fresh herbs should be stirred into dishes just before serving.
- In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.
- Removing the lid when slow cooking lets heat escape, requiring extra cooking time. Each time the lid is removed, add about 15 to 20 minutes of cooking time.
- A fat mop can be used to remove separated fat from slow-cooked food by brushing it over the top. Alternatively, the food may be refrigerated and the congealed fat can then be lifted off and discarded before reheating and serving.
- To decrease the amount of fat in recipes, remove as much of the visible fat as possible from meats and poultry. Remove skin from poultry and drain any fat from browned meats.

- Many slow-cooked foods such as stews benefit from cooling and refrigerating, then reheating – as the saying goes, stew or chili is always better the second day. Bring food to a simmer on the Brown/ Sauté function at 350°F. Stir to ensure all ingredients are warmed through and then switch to Warm on the Slow Cook function until serving.
- If using frozen foods, thaw completely before slow cooking.
- Recipes can be assembled the night before cooking. Brown ingredients if necessary and then combine with remaining ingredients in cooking pot. Cover and refrigerate. When ready to cook, place the cooking pot in the cold multicooker and add 30 minutes to your projected cooking time.
- In most cases, dried beans should be soaked overnight, then brought to a boil, drained and rinsed before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely.

**Adapt your traditional recipes to slow cook:**

- For recipes that do not require the Brown/Sauté function before slow cooking, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and most often you will end up with much more liquid than you began with.
- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk, nonfat dry milk, or add dairy products during the last 30 minutes of cooking.
- If your recipe calls for precooked pasta or rice UNDERCOOK it and add to the pot in the last 30 minutes of slow cooking.

## STEAMING

- To steam, fill the multicooker pot with no more than 2 quarts of water unless otherwise indicated. Basic steaming will usually use 1 quart of water.
- For smaller foods that might not sit evenly on the rack, we recommend steaming in a parchment or foil pouch. Note: If using foil, increase cooking time by 50% of what is recommended.
- When adding heavier foods like corn on the cob to the steaming rack, place them on the middle of the rack and work your way to the edges.
- When steaming delicate food like dumplings or tamales, it is best to add ingredients before preheating.
- Always use caution when removing lid. It is best to remove the lid tilting away from you.

# CLEANING, CARE AND MAINTENANCE

All removable parts are dishwasher safe.

1. Unplug unit and allow it to cool completely before cleaning.
2. Never immerse unit in water or other liquids.
3. To clean the housing and control panel, simply wipe with a clean damp cloth.
4. Wash cooking pot, lid and rack with warm soapy water and rinse thoroughly. Or, clean in top rack of dishwasher.
5. Dry all parts after every use.
6. Any other servicing should be performed by an authorized service representative.

**NOTE:** If food residue sticks or burns onto cooking pot surface, fill pot with warm soapy water and allow to soak before cleaning. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

## Troubleshooting Chart

| Subject | Question | Answer/Solution |
|---|---|---|
| Power | Why won’t my unit turn on? | Make sure your unit is plugged into a functional outlet. |
| | | Contact Customer Service at 1-800-726-0190. |
| | Why is my unit turning itself off? | Cooker will enter sleep mode after 5 minutes of no use and unit will appear off. Press any button except Start/Stop to “wake up” the unit. |
| | | If you did not press START after setting your unit, the cooker will enter sleep mode. Press any button except Start/Stop to “wake up” the unit. |
| | | The unit may have overheated. Let it cool and try again. If it does not turn on, contact Customer Service at 1-800-726-0190. |
| | | If pot has boiled dry during steaming, the unit will shut off as a safety precaution. Add water to the pot and restart. |
| | | If changing functions when the unit is already cooking, do not hit the START/STOP button again. Doing so will turn the unit off. Just press your new function and select settings; the unit will switch automatically. |
| | | The heater will turn off automatically after time has elapsed. |
| | | If you do not set a cooking time, the unit will shut off after the maximum allowable cooking time for the selected function. |
| Error Code | Err | The unit has overheated. Let it cool down and try again. If problem persists, contact Customer Service at 1-800-726-0190 |
| Programming | Can I set a timer for the Brown/Sauté function? | Yes. Setting the timer for Brown/Sauté is easy. Simply use the Time Directionals as you would for any other function. |
| | Can I change my cooking function, time or temperature when the unit is already cooking? | Yes. Simply use the cooking function, Time and Temperature Directionals. The unit is already on, so you do not need to hit the START/STOP button again. In fact, doing so will turn the unit off. Simply press the new function and/or desired settings; the unit will switch automatically and adjust itself accordingly. |
| Cooking | When should I brown my meat before slow cooking? | Browning meat before slow cooking is an optional step that adds flavor and color. You can omit it if time is short. Exception: ground meats must be browned. |
| | Which position should the rack be in for steaming? | Place rack in the “up” position for steaming (see page 5). |
| | Can I use the cooking pot on the stove/in the oven? | The cooking pot was designed specifically for use in this multi-cooker. We do not suggest using it on the stove or in the oven. |
| | Why isn’t enough liquid in my slow cooked dish? | Recipe ingredient amounts may vary if using multiple functions. See page 8 for details. |
| Cleaning | Can I put my unit in the dishwasher? | All removable parts are dishwasher safe. |
| | | Do not immerse or put the base of the unit in the dishwasher. Clean the base and control panel with a clean damp cloth. |
| | The pot is nonstick – why is food sticking? | Though the pot has a nonstick coating, food residue can burn onto it, making it difficult to remove. |
| | Food residue is sticking to the cooking pot surface. How do I clean it without damaging it? | If food has burned on, fill pot with warm soapy water and allow to soak before cleaning. If scouring is necessary, use a non-abrasive cleanser or liquid detergent with a nylon pad or brush. |

# WARRANTY

## Limited Three-Year Warranty

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Cook Central® 3-in-1 Multicooker that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Cook Central® 3-in-1 Multicooker will be free of defects in materials and workmanship under normal home use for three years from the date of original purchase.

We recommend that you visit our website, **www.cuisinart.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

**CALIFORNIA RESIDENTS ONLY**

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

**BEFORE RETURNING YOUR CUISINART PRODUCT**

If your Cuisinart® Cook Central® 3-in-1 Multicooker should prove to be defective within the warranty period, we will repair or, if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7811 North Glen Harbor Blvd., Glendale, AZ 85307. To facilitate the speed and accuracy of your return, enclose $10.00 for shipping and handling. (California residents need only supply a proof of purchase and should call 1-800-726-0190 for shipping instructions.) Please be sure to include your return address, description of the product's defect, product serial number, and any other information pertinent to the return. Please pay by check or money order. **NOTE:** For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Cook Central® 3-in-1 Multicooker has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

**Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.



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# NOTES

# New York-Style Cheesecake

There are countless variations for this basic recipe. You can reserve ¼ of the batter and stir in cocoa powder (then add it back into the rest) to make a chocolate swirl. Once it is cooked you can top it with fresh fruit or fruit preserves, or you can drizzle with chocolate or serve with a raspberry sauce. The options are endless for making this cheesecake your own.

Setting: Slow Cook

Makes one 7-inch cheesecake (about 8 servings)

**1 tablespoon unsalted butter, room temperature (for pan)**

**Crust:**

**½ cup graham cracker crumbs**
**2 tablespoons granulated sugar**
**1 tablespoon unsalted butter, melted and cooled to room temperature**

**Filling:**

**16 ounces (2 packages) cream cheese, quartered and room temperature**
**1 cup granulated sugar**
**¼ teaspoon sea or kosher salt**
**2 large eggs, room temperature**
**1 large egg white, room temperature**
**1½ teaspoons pure vanilla extract**
**⅔ cup sour cream, room temperature**

1. Lightly coat a 7-inch springform pan with the tablespoon of room temperature butter. Reserve.
2. Prepare the crust. Put all of the crust ingredients in a small mixing bowl. Using a hand or stand mixer, mix on low until the mixture comes together. Pat crumb crust evenly into prepared springform pan. Reserve.
3. Prepare the filling. Mix cream cheese, sugar and salt using a hand or stand mixer on a medium speed until very smooth. (You cannot over-mix at this stage. Be sure there are no lumps in the batter.) Scrape bowl and beaters/paddle with a spatula. Add eggs and white, one at a time, making sure each is incorporated into the batter before adding the next. Mix in vanilla and sour cream. Be sure the batter is homogenous but do not over-mix.
4. Pour batter into the prepared pan. Put the filled pan onto the bottom of the cooking pot of the Multicooker.
5. Select Slow Cook on High for 3 hours.
6. Once the time has elapsed, allow cake to rest in the unit on Keep Warm for an additional 2 hours (you want it to be just set).
7. Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

*Nutritional information per serving:*
*Calories 404 (59% from fat) • carb. 35g • pro. 7g • fat 27g • sat. fat 16g • chol. 127mg • sod. 316mg • calc. 75mg • fiber 0g*

# Dulce de Leche

Although this is readily available in most supermarkets, it is quite simple to make your own. The longer you cook it, the richer and more concentrated the caramel flavor gets.

Setting: Brown/Sauté

Makes about 1½ cups

**2 cans (13 ounces each) nonfat sweetened condensed milk**
**pinch sea or kosher salt**
**½ teaspoon baking soda**

1. Put all of the ingredients into the cooking pot of the Multicooker.
2. Set the unit on Brown/Sauté at 350°F to bring mixture to a boil, stirring frequently. Once mixture just comes to a boil, reduce heat to 250°F so that there is a constant low simmer. Keep pot uncovered and while stirring occasionally, allow to simmer until caramel-colored and thickened, about 1 to 1½ hours.
3. Switch to Slow Cook on Warm if serving immediately, or bring to room temperature and store in refrigerator if using at a later time.

*Nutritional information per serving (1 tablespoon):*
*Calories 87 (0% from fat) • carb. 19g • pro. 2g • fat 0g • sat. fat 0g • chol. 3mg • sod. 63mg • calc. 79mg • fiber 0g*

# Dulce de Leche Bread Pudding

This dessert is definitely for the sweet tooth. While you can purchase dulce de leche from most grocery stores, we found that homemade is the way to go when it is the center of your dish.

Setting: Slow Cook

Makes ten to twelve 1-cup servings

**nonstick cooking spray**
**1 loaf (1 pound) challah bread, cut into 1- to 2-inch cubes**
**2 cups whole milk**
**1 cup heavy cream**
**4 large eggs, beaten**
**1 teaspoon pure vanilla extract**
**¾ cup dulce de leche, plus 2 tablespoons (see previous recipe), divided**
**¼ teaspoon table salt**
**¼ to ½ teaspoon ground cinnamon**

1. Lightly coat the cooking pot of the Multicooker with nonstick cooking spray.
2. Put the bread cubes into the prepared pot.
3. In a medium bowl combine the milk, cream, eggs, vanilla, ¾ cup dulce de leche, salt and cinnamon. Whisk until frothy. Slowly pour the egg mixture over the bread mixture. Press down on the bread to make certain all of it is submerged.
4. Select Slow Cook on High for 4 hours.
5. Once the time has elapsed, turn unit off and drizzle the remaining 2 tablespoons of the dulce de leche on top of the pudding.
6. Serve immediately with freshly whipped cream.

*Nutritional information per serving (based on 12 servings):*
*Calories 327 (35% from fat) • carb. 43g • pro. 10g • fat 13g • sat. fat 7g • chol. 126mg • sod. 360mg • calc. 199mg • fiber 1g*

# Dense Chocolate Cake

This is our version of the still-popular flourless chocolate cake. Best of all you don't need to turn on the oven!

Setting: Slow Cook

Makes one loaf cake (about 12 servings)

- ½ **tablespoon unsalted butter, room temperature (for pan)**
- ½ **cup (1 stick) unsalted butter**
- 4 **ounces semisweet chocolate, broken into 2-inch pieces**
- ¼ **cup cocoa powder, sifted**
- ¼ **teaspoon table salt**
- ¾ **teaspoon pure vanilla extract**
- ½ **cup granulated sugar**
- 2 **large eggs, room temperature**
- 1 **teaspoon espresso powder**

1. Prepare an 8½x4½-inch loaf pan by lightly coating with the ½ tablespoon of room temperature butter. Line the bottom of the pan with parchment paper. Reserve.
2. In the top of a double boiler set over medium-low heat (or a heat-proof bowl set over a pot of simmering water), combine the butter and chocolate. Stir occasionally until just melted. Remove from heat and stir in the cocoa powder, salt and vanilla. Reserve.
3. In a medium mixing bowl, beat the sugar and eggs together until lightened (this takes a few minutes. The mixture should be a pale yellow color that almost holds its shape).
4. Once the chocolate mixture has cooled, stir it into the egg/sugar mixture with the espresso powder, making sure that it is fully combined, with no streaks of color.
5. Pour cake batter into the prepared pan. Tap pan on the counter a few times to remove any air bubbles and to level the cake.
6. Put the filled pan into the bottom of the cooking pot of the Multicooker. Select Slow Cook on High for 2½ hours.
7. Once unit switches to Keep Warm, turn the unit off and remove cake to cool to room temperature. Remove cake from pan and discard parchment. Wrap well and chill for at least 2 hours or overnight.

*Nutritional information per serving:*
*Calories 161 (59% from fat) • carb. 15g • pro. 2g • fat 11g • sat. fat 7g • chol. 55mg • sod. 58mg • calc. 10mg • fiber 1g*

# Traditional Rice Pudding

What better ending to a meal than a cup of rice pudding? The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does set up and has a different consistency than when served warm. If not serving immediately, stir some extra milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 8 cups (sixteen servings)

- 2 **cups Arborio rice**
- 4 **cups whole milk**
- 2 **cups heavy cream**
- 1 **cup water**
- 1 **vanilla bean, halved and seeds scraped**
- ¾ **cup granulated sugar**
- ¼ **teaspoon sea or kosher salt**
- 1 **teaspoon pure vanilla extract**
- 2 **whole cinnamon sticks**
- ¼ **teaspoon ground nutmeg**

1. Put all of the ingredients into the pot of the Multicooker. Stir to combine.
2. Select Slow Cook on High for 3 hours.
3. Once the cooking time has elapsed, the unit will automatically switch to Keep Warm.
4. Remove and discard vanilla bean and cinnamon sticks. Keep on Warm until ready to serve.
5. If not serving immediately, stir in more liquid (any type of milk or water) before reheating.

*Nutritional information per serving (½ cup):*
*Calories 275 (42% from fat) • carb. 34g • pro. 5g • fat 13g • sat. fat 8g • chol. 46mg • sod. 62mg • calc. 71mg • fiber 1g*

# Cannoli Cheesecake

We make many cheesecakes in the Test Kitchen, and one of our favorite methods (which happens to be the easiest and most foolproof) is slow cooked. To offer the palate some new, fun flavors, we made a cheesecake that is nice and creamy with the flavor of cannoli filling.

Setting: Slow Cook

Makes one 7-inch cheesecake (about 8 servings)

**1 tablespoon unsalted butter, room temperature (for pan)**

**Crust:**

**¼ cup graham cracker crumbs**
**¼ cup toasted pine nuts, finely ground**
**1 tablespoon granulated sugar**
**pinch sea or kosher salt**
**½ tablespoon unsalted butter, melted and cooled to room temperature**

**Filling:**

**4 ounces (½ package) cream cheese, quartered and room temperature**
**½ cup granulated sugar**
**¼ teaspoon sea or kosher salt**
**¼ teaspoon ground cinnamon**
**3 large eggs, room temperature**
**2 large egg whites, room temperature**
**1 teaspoon pure vanilla extract**
**12 ounces whole-milk ricotta, room temperature**
**2 ounces bitter or semisweet chocolate, finely chopped**

1. Lightly brush a 7-inch springform pan with the tablespoon of room temperature butter. Reserve.
2. Prepare the crust. Put all of the crust ingredients into a small mixing bowl. Using a hand or stand mixer, beat on low until the mixture comes together. Pat crumb crust evenly into prepared springform pan. Reserve.
3. Prepare the filling. Put the ricotta in a mixing bowl or the bowl of a stand mixer. Using the beaters or paddle attachment, mix on medium speed until smooth Add the cream cheese, sugar, salt and cinnamon. Mix

   on medium speed until very smooth (you cannot over-mix at this stage. Be sure there are no lumps in the batter). Scrape bowl and beaters/paddle with a spatula. Add eggs and whites, one at a time, making sure each is incorporated into the batter before adding the next. Mix in vanilla. Be sure the batter is homogenous, but do not over-mix. Stir in the chopped chocolate.
4. Pour batter into the prepared pan. Put pan into the bottom of the cooking pot of the Multicooker.
5. Select Slow Cook on High for 3 hours.
6. Once the time has elapsed, allow cake to rest in the unit on Keep Warm for an additional 2 hours (you want it to be just set).
7. Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

*Nutritional information per serving:*
*Calories 235 (54% from fat) • carb. 19g • pro. 8g • fat 14g • sat. fat 7g • chol. 91mg • sod. 191mg • calc. 127mg • fiber 1g*

# *Desserts*

## Applesauce

When fall comes around, nothing is better than the aroma of applesauce cooking in the home. Our recipe is quite versatile; you can leave it as a chunky sauce or purée it for the more common smooth version.

Setting: Slow Cook

Makes about 6 cups

| | |
|---|---|
| **4** | **pounds apples, cored and cut into two-inch pieces (peeled or unpeeled)** |
| **2** | **cinnamon sticks** |
| **2** | **pinches freshly ground nutmeg** |
| | **pinch ground cloves** |
| | **pinch sea or kosher salt** |
| **¾** | **cup water** |
| **¼** | **cup fresh lemon juice (from about 1 medium to large lemon)** |

1. Put all of the ingredients into the cooking pot of the Multicooker.
2. Select Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash cooked apples to desired consistency. If a smooth sauce is preferred, transfer apples to a fine mesh strainer and press through with the help of a ladle. Once the apples have passed through the strainer, discard the skins (if necessary) and return smooth apples to the cooking pot. Keep sauce on Keep Warm for serving, or cool to room temperature and store in the refrigerator.

*Nutritional information per serving (½ cup):*
*Calories 81 (3% from fat) • carb. 22g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 13mg • calc. 14mg • fiber 4g*

## Apple Butter

Cooking the applesauce down with some sugar and spices makes delicious apple butter.

Setting: Slow Cook

Makes about 4 cups

| | |
|---|---|
| **1** | **recipe smooth applesauce (previous recipe)** |
| **1** | **cup packed light brown sugar** |
| **1** | **tablespoon ground cinnamon** |
| **1** | **teaspoon ground allspice** |
| **1** | **teaspoon freshly ground nutmeg** |
| **½** | **teaspoon ground cloves** |

1. Put all ingredients into the cooking pot of the Multicooker.
2. Select Slow Cook on High for 2 hours and cook uncovered. This time is an estimate – it can be anywhere from 1 to 4 hours. You want the apple butter to be nicely thickened until it is spreadable.
3. Cool apple butter to room temperature and enjoy on toast, stirred into oatmeal, or on top of pancakes or waffles.

*Nutritional information per serving (2 tablespoons):*
*Calories 54 (2% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 8mg • fiber 2g*

# Sautéed Red Potatoes

A quick and flavorful way to enjoy red potatoes. Be patient with flipping the potatoes – they brown best if they are not crowded and are left to sit in the hot cooking pot before turning.

Settings: Brown/Sauté

Makes about 8 servings

**1½ tablespoons olive oil**
**2 pounds small red new potatoes, halved**
**¼ teaspoon sea or kosher salt**
**pinch freshly ground black pepper**
**3 to 4 garlic cloves, smashed**
**2 teaspoons chopped fresh rosemary**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 350°F.
2. Once the oil is hot, add the potatoes (cut side down), salt and pepper. Let the potatoes sit in the hot cooking pot, then toss after about 3 minutes.
3. Once the potatoes are browned, cover and let potatoes cook for about 30 minutes, or until fully cooked.
4. When 5 minutes are remaining, add the garlic and rosemary, and toss to combine. Cover again and allow to cook for a few minutes to soften the garlic.
5. Serve immediately.

*Nutritional information per serving (½ cup):*
*Calories 106 (23% from fat) • carb. 19g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 80mg • calc. 15mg • fiber 2g*

# Steamed Artichokes

Trimming the bottoms of the artichokes ensures that they stand up straight, so do not skip that step. Also, in addition to adding flavor, the lemon slices prevent the artichokes from turning brown during cooking. Enjoy plain or dip in a nice lemon oil.

Setting: Steam

Makes 6 servings

**1½ quarts water**
**6 medium to large artichokes**
**6 to 12 garlic cloves, thinly sliced**
**2 lemons, one juiced and the other cut into 6 slices**
**pinch freshly ground black pepper**
**pinch sea or kosher salt**

1. Put the water into the cooking pot of the Multicooker fitted with the steaming rack and cover.
2. Cut the stems off the artichokes so they are able to stand. Using a serrated knife, cut the tops of the artichokes off, and with kitchen shears, trim the tips of the outer leaves. Pull leaves back to open the artichokes.
3. Evenly stuff the garlic slices in between the leaves of each artichoke. Season each with lemon juice, pepper and salt. Place one lemon slice on top of each artichoke.
4. Set the unit to Steam for 50 minutes.
5. Once tone sounds, indicating unit is ready to steam, place the artichokes upright in the rack and cover again.
6. Artichokes are done when the leaves can be pulled off easily, and when turned over, the tip of a paring knife easily pierces the bottom-center of the artichoke (the heart).

*Nutritional information per artichoke:*
*Calories 73 (3% from fat) • carb. 17g • pro. 5g • fat 0g • sat. fat 0g • chol. 25mg • sod. 122mg • calc. 78mg • fiber 8g*

# Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudités platter.*

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups

**1** **pound navy or cannelloni beans, soaked in room-temperature water overnight**
**1½** **teaspoons olive oil**
**6 to 8** **garlic cloves, crushed**
**2** **fresh rosemary sprigs**
**½** **teaspoon sea or kosher salt**
**2½** **cups vegetable or chicken broth**

1. Soak the beans overnight by covering with water by about 2 inches. Once soaked, drain and rinse.
2. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Once oil is hot, add the garlic. Sauté until the garlic is golden and fragrant, about 1 to 2 minutes. Add the remaining ingredients (be sure to drain the beans). Stir to combine, cover and switch to Slow Cook on High for 4 hours. (Check the beans after 3 hours. If they seem tender enough, turn it off. If not allow it to cook for the additional hour.)
3. Once the time has expired, the unit will automatically switch to Keep Warm.

* If puréeing, more liquid (about ½ to 1 cup) will need to be added when processing.

*Nutritional information per serving (½ cup):*
*Calories 137 (7% from fat) • carb. 24g • pro. 9g • fat 1g • sat. fat 0g • chol. 0mg • sod. 182mg • calc. 59mg • fiber 9g*

# Macaroni & Cheese

We upped the creaminess factor in our version of everyone's favorite comfort food. The béchamel is the centerpiece of the ultimate macaroni and cheese.

Settings: Brown/Sauté
Slow Cook

Makes about 12 servings

**8** **tablespoons unsalted butter**
**½** **cup unbleached, all-purpose flour**
**6** **cups whole milk**
**¾** **teaspoon sea or kosher salt**
**½** **teaspoon freshly ground black pepper**
**pinch ground nutmeg**
**¼** **teaspoon dry mustard**
**12** **ounces various shredded cheeses (we love using Cheddar and/or fontina)**
**4** **ounces grated Parmesan**
**1** **pound macaroni, par-cooked (see package instructions and cook half of the suggested time), reserved**

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 250°F. Once butter has melted, stir in the flour and let cook, stirring often, for about 4 to 5 minutes or until mixture is lightly browned and thickened.
2. Gradually whisk in the milk, salt, pepper, nutmeg and dry mustard using a nonstick whisk. Raise heat to 325°F to bring the mixture to a boil. Stirring constantly, let mixture cook about 5 minutes or so, until thickened. This mixture is a béchamel or white sauce, a sauce base for melting cheese easily. It should be thick enough to thickly coat the back of a spoon.
3. Once the white sauce has thickened, stir in the cheeses and mix until melted.
4. Stir in the macaroni until well mixed and cover.
5. Switch the unit to Slow Cook on Low for 4 hours.
6. Once time has expired, the unit will automatically switch to Keep Warm. Serve immediately, garnished with toasted breadcrumbs if desired.

*Nutritional information per serving (1 cup):*
*Calories 455 (48% from fat) • carb. 38g • pro. 20g • fat 24g • sat. fat 14g • chol. 68mg • sod. 478mg • calc. 455mg • fiber 2g*

# *Sides*

## Braised Fennel

Braising is one of the most rewarding preparations of fennel. It sweetens the natural bitterness and brings out the rich licorice tones. So simple with only a handful of ingredients, fennel can pair well with many different dishes from lamb to chicken to pork loin.

Setting: Brown/Sauté

Makes about 4 cups

| | |
|---|---|
| **2** | **tablespoons olive oil** |
| **3** | **fennel bulbs (about 1½ to 2 pounds in total), cut into ½-inch slices (save the fronds for another use)** |
| **½** | **teaspoon sea or kosher salt** |
| **½** | **teaspoon freshly ground black pepper** |
| **⅓** | **cup dry white wine** |
| **1½** | **cups chicken broth, low sodium** |

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 375°F.
2. Once the oil is hot, add one third of the sliced fennel with the salt and pepper. Sauté about 2 to 4 minutes per side, until golden brown. Remove and reserve; repeat with remaining fennel.
3. Put all of the reserved fennel back into the cooking pot. Add the wine and cook until almost evaporated, about 1 to 2 minutes.
4. After the wine cooks off, add the broth. Reduce the heat to 300°F. Cover and cook for 30 minutes or until the fennel is fully softened, sweet and fragrant.
5. Serve immediately.

*Nutritional information per serving (½ cup):*
*Calories 135 (45% from fat) • carb. 14g • pro. 3g • fat 7g • sat. fat 1g • chol. 0mg • sod. 572mg • calc. 104mg • fiber 5g*

## Broccoli Rabe with Sausage

This dish takes a few steps to complete. The broccoli rabe is first steamed – this improves the overall texture of the finished dish, making it nice and tender.

Settings: Steam
Brown/Sauté

Makes 4 servings

| | |
|---|---|
| **1** | **quart water** |
| **1** | **large bunch broccoli rabe, approximately 1 pound, ends trimmed** |
| **1** | **teaspoon olive oil** |
| **12** | **ounces pre-cooked Italian sausage, sweet, hot or mix of both, cut into ½-inch slices** |
| **3** | **garlic cloves, finely chopped** |
| **¼** | **cup dry white wine** |
| **1½** | **cups chicken broth, low sodium** |
| **¼** | **teaspoon crushed red pepper** |

1. Steam the broccoli rabe: Put the quart of water into the cooking pot of the Multicooker and insert the steaming rack. Set to Steam for 8 minutes; cover. Once tone sounds, put the broccoli rabe on the rack and cover.
2. Unit automatically turns off when steaming is complete. Remove and reserve broccoli rabe. Carefully remove water and wipe cooking pot dry. Cooking pot will be hot, so use caution.
3. Put the olive oil into the cooking pot set to Brown/Sauté at 350°F. Once hot, cook sausage until well browned on all sides; this takes about 10 to 15 minutes.
4. Once sausage is browned, add garlic. Sauté until fragrant. Add white wine and allow to cook down until almost evaporated. Scrape up any flavorful brown bits that have accumulated in the bottom of the pan. Add chicken broth and red pepper. Simmer ingredients for about 5 minutes to blend the flavors.
5. Reduce the temperature to 300°F. Add reserved broccoli rabe and allow to simmer, covered, for an additional 10 minutes.
6. Serve immediately.

*Nutritional information per serving:*
*Calories 190 (42% from fat) • carb. 7g • pro.19g • fat 9g • sat. fat 3g • chol. 25mg • sod. 544mg • calc. 153mg • fiber 3g*

# Chicken and Vegetable Stir-Fry

A light and healthy dish. Serve over rice.

Settings: Brown/Sauté

Makes 6 servings

**1½ tablespoons vegetable oil, divided**
**1 pound boneless, skinless chicken breasts, cut into 2 x 1-inch strips**
**1 teaspoon kosher salt, divided**
**¼ teaspoon freshly ground black pepper**
**1 medium red onion, peeled and sliced into wedges**
**1 small red bell pepper, sliced into ½-inch strips**
**1 small yellow bell pepper, sliced into ½-inch strips**
**2 garlic cloves, finely chopped**
**1 piece ginger (1½ x ½-inch), peeled and finely chopped**
**1 cup snap peas, trimmed**
**1 can (4 ounces) canned whole mushrooms, drained**
**1 can (8 ounces) water chestnuts, drained**
**8 baby corn (about half of 15-ounce can)**
**1 cup chicken broth, reduced sodium**
**2 tablespoons soy sauce**
**2 teaspoons cornstarch**

1. Put 1 tablespoon of the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. Season chicken with ½ teaspoon salt and all of the pepper. Once oil is hot and shimmering, add chicken and cook about 4 ½ to 5 minutes per side until golden brown. Once chicken is browned, remove and reserve.
3. Add the remaining oil to the cooking pot and reduce heat to 375°F. Add the onion and peppers and cook for about 4 minutes. Add garlic and ginger and cook until fragrant, about 1 minute. Add snap peas, mushrooms, water chestnuts and baby corn, and cook for about 3 to 4 minutes.
4. While vegetables are cooking, combine broth, soy sauce and cornstarch in a small bowl and whisk to combine; reserve.
5. Return the browned chicken to the pot and stir to evenly distribute. Add broth mixture and stir to scrape any brown bits off the bottom of the pot. Cook for about 1 to 2 more minutes until sauce thickens slightly. Stir to coat all ingredients in the sauce. Serve immediately over white rice.

*Nutritional information per serving (1 cup):*
*Calories 223 (24% from fat) • carb. 21g • pro. 21g • fat 6g • sat. fat 1g • chol. 48mg • sod. 983mg • calc. 24mg • fiber 4g*

# Corned Beef with Vegetables

Takes a couple of days – well worth the wait.

Settings: Brown/Sauté
Slow Cook

Makes 8 servings

**Slow Cooking:**

- **2 medium onions, peeled and cut into 2-inch pieces**
- **2 carrots, peeled and cut into 2-inch pieces**
- **2 celery stalks, cut into 2-inch pieces**
- **3 pounds corned beef, first cut (flat) (Meat comes packaged. Remove and rinse. Discard spice packet, if included)**
- **1 bottle lager-style beer (11 to 12 ounces)**
- **4 cups water (approximately)**
- **1 tablespoon whole peppercorns**
- **¼ teaspoon whole cloves**
- **2 teaspoons dill seed**
- **3 tablespoons whole grain mustard**
- **½ cup packed dark brown sugar**

**Vegetables (to finish):**

- **2 carrots, peeled and cut into 2-inch pieces**
- **1 pound new potatoes, halved**
- **1½ pounds green cabbage, cut lengthwise into 8 pieces**

1. Put the onions, carrots and celery into the cooking pot of the Multicooker. Lay the beef on top and then pour in the beer and enough water so the liquid comes ¾ of the way up the vegetables and beef. Top with the peppercorns, cloves, dill seed, mustard and sugar. Cover and set to Slow Cook on Low for 12 hours.
2. Remove the meat, cool and refrigerate, covered, overnight.
3. Discard the vegetables. Degrease liquid; refrigerate overnight in a separate container.
4. Return the chilled liquid to the cooking pot and set on Brown/Sauté at 350°F. Add the carrots, potatoes and cabbage. Simmer 30 to 40 minutes, or until very tender.
5. While the vegetables are cooking, bring the beef to room temperature.
6. Slice meat thinly, surround with vegetables, flavorful broth on the side.

*Nutritional information per serving:*
*Calories 489 (47% from fat) • carb. 28g • pro. 28g • fat 26g • sat. fat 8g • chol. 92mg • sod. 2191mg • calc. 69mg • fiber 4g*

# Brisket of Beef

Also delicious with bottom round or chuck.

Settings: Brown/Sauté
Slow Cook

Makes 8 servings

- **1 tablespoon olive oil**
- **1 beef brisket (2½ to 3 pounds), first cut**
- **1 teaspoon sea or kosher salt**
- **1 teaspoon freshly ground black pepper**
- **1 pound onions, peeled and cut into ¼-inch slices**
- **3 garlic cloves, peeled and left whole**
- **2 sprigs fresh thyme leaves (stems discarded)**
- **1 tablespoon tomato paste**
- **¼ cup ketchup**
- **4 cups beef stock, low sodium**
- **1 pound carrots, peeled and cut into 2-inch pieces**

1. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. While the oil is heating, season the brisket on both sides with the salt and pepper.
3. Once the unit has preheated, brown the brisket well on both sides, about 5 minutes per side. Remove and reserve.
4. Add the onions, garlic and thyme; sauté until softened, about 5 minutes. Stir in the tomato paste and ketchup, cooking for another 4 minutes.
5. Return the beef to the pot and add enough stock to come about ¾ of the way up the sides of the pot and completely covers the beef (may not need the full 4 cups). Add the carrots evenly over the beef.
6. Cover and switch the unit to Slow Cook on Low for 12 hours.
7. To serve, remove the brisket and vegetables and arrange on a platter. Cover loosely with foil. Strain the fat from the pan juices. Sauce can be served as is, or for a slightly thicker sauce, switch unit to Brown/Sauté at 350°F and allow sauce to simmer for about 5 minutes. After the brisket has rested for about 10 minutes, slice thinly and serve with sauce and vegetables.

*Nutritional information per serving:*
*Calories 477 (64% from fat) • carb. 14g • pro. 29g • fat 33g • sat. fat 13g • chol. 129mg • sod. 759mg • calc. 56mg • fiber 3g*

# Paella

This version of the traditional Spanish dish is sure to please any crowd.

Setting: Brown/Sauté

Makes 8 to 10 servings

**1** **teaspoon olive oil**
**1** **whole chicken (about 4 pounds) cut into 8 pieces**
**1¾** **teaspoons sea or kosher salt, divided**
**¾** **teaspoon freshly ground black pepper, divided**
**9** **ounces Spanish chorizo (3 links) cut into ¼-inch slices**
**5** **garlic cloves, finely chopped**
**1** **medium onion, peeled and cut into 1-inch pieces**
**¼** **teaspoon smoked paprika**
**1** **sprig fresh oregano**
**1** **can (28 ounces) plum tomatoes, drained and roughly chopped**
**2½** **cups Bomba rice***
**6** **cups hot chicken broth, low sodium**
**large pinch saffron**
**1** **pound shrimp, rinsed, peeled and deveined**
**12** **littleneck clams**
**½** **cup chopped Italian parsley**
**½** **cup fresh or frozen (do not need to thaw) peas**
**1½** **teaspoon fresh lemon juice**
**lemon wedges for serving**

1. Put the oil in the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. While unit is heating, season the chicken parts on both sides with 1 teaspoon of salt and ½ teaspoon of pepper. Once unit is hot, brown the chicken, skin side down first, about 5 minutes for each side. Remove and reserve. Add the chorizo and brown on both sides.
3. Once chorizo has browned, reduce the temperature to 350°F and add the garlic and onion with the paprika, oregano and ¼ teaspoon salt. Sauté until vegetables are softened and lightly browned, about 2 to 5 minutes.
4. Put the tomatoes into the cooking pot with the sautéed vegetables. Increase the temperature to 400°F. Cook the tomatoes until reduced and slightly caramelized, about 7 to 8 minutes. Be sure to stir the tomatoes occasionally to prevent burning.
5. Add the rice to the unit and stir to coat with tomato mixture. Add the hot broth and saffron and stir together well. Cover and reduce the temperature to 325°F. Allow rice to simmer for 10 minutes.
6. Add the chicken pieces to the cooking pot by nestling them in the rice; simmer, covered for an additional 15 minutes.
7. While chicken is simmering, season shrimp with remaining salt and pepper. Add to unit with the clams and simmer, covered, for an additional 8 minutes, until clamshells have opened.
8. Stir in the parsley, peas and lemon juice.
9. Serve immediately with lemon wedges on the side.

*Bomba Rice is a Spanish style rice specific for paella. It can be found in specialty or gourmet stores, or possibly in the international section of many large grocery stores. If you cannot find it, Arborio rice can be used in its place.

*Nutritional information per serving (based on 10 servings):*
*Calories 658 (32% from fat) • carb. 45g • pro. 63g • fat 23g • sat. fat 7g • chol. 208mg • sod. 1943mg • calc. 87mg • fiber 2g*

# Pot Roast

This is the perfect cut of meat for slow cooking.

Settings: Brown/Sauté
Slow Cook

Makes 8 servings

**2** **teaspoons vegetable oil**
**1/3** **cup unbleached, all-purpose flour**
**½** **teaspoon sea or kosher salt**
**¼** **teaspoon freshly ground black pepper**
**4** **pounds beef roast (beef bottom round roast works well)**
**2** **tablespoons Dijon mustard**
**1** **onion, peeled and cut into eighths**
**3** **carrots, peeled, cut into 1-inch pieces**
**2** **celery stalks, cut into 1-inch pieces**
**2** **garlic cloves, peeled and left whole**
**1** **teaspoon whole peppercorns**
**1** **cup beef stock, low sodium**
**1** **tablespoon red wine vinegar**

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. Combine the flour with salt and pepper. Coat beef in flour mixture; shake off any excess.
3. Once unit is heated, brown the beef in the hot cooking pot, on all sides, about 5 minutes per side. Carefully rub evenly with the mustard; reserve.
4. Put the vegetables, garlic and peppercorns in the cooking pot. Add the beef, stock and vinegar.
5. Cover and switch unit to Slow Cook on Low for 12 hours. Remove beef and strain liquid, discarding the vegetables. Put the beef into a large container and cover with the strained liquid, turning the beef to coat. Cover and chill for at least 4 hours, or overnight.
6. One hour before serving, scoop any solidified fat from the top. Remove beef and let sit at room temperature. Cook the reserved liquid on Brown/Sauté at 400°F for about 5 minutes, to heat liquid fully.
7. Cut pot roast into ¼- to ½-inch slices and return to the cooking pot with the liquid to warm through. Serve with sauce on the side.

*Nutritional information per serving:*
*Calories 615 (65% from fat) • carb. 9g • pro. 45g • fat 43g • sat. fat 17g • chol. 202mg • sod. 434mg • calc. 53mg • fiber 1g*

# Primavera Shrimp Sauté

A colorful and light dish that takes very little time to prepare.

Setting: Brown/Sauté

Makes about 6 to 8 servings

**1** **pound shrimp, peeled and deveined**
**½** **teaspoon sea or kosher salt**
**¼** **teaspoon freshly ground black pepper**
**3** **teaspoons olive oil, divided**
**1** **bunch broccolini (about 8 to 9 ounces)**
**3** **garlic cloves, chopped**
**1** **cup chicken broth, low sodium**
**¼** **teaspoon crushed red pepper**
**1** **medium red onion, halved and sliced lengthwise**
**1** **cup snow peas, trimmed**
**1** **cup sugar snap peas, trimmed**
**½** **cup frozen peas, thawed**
**1** **medium bunch asparagus (about 12 ounces), trimmed and cut into 2-inch pieces**
**½** **teaspoon lemon zest**
**½** **cup fresh basil, thinly sliced**

1. Season the shrimp on both sides with the salt and pepper.
2. Heat 1 teaspoon of the oil in the cooking pot of the Multicooker and set to Brown/Sauté at 400°F. Add half the shrimp. Lightly brown each side until cooked through, about 2 minutes per side. Remove and reserve. Repeat with remaining shrimp.
3. Put another teaspoon of oil into the pot and add the broccolini and garlic. Stir well and sauté until garlic becomes just slightly golden – be careful not to burn. Add the chicken broth and crushed red pepper. Cover and simmer until the broccolini is crisp-tender, about 15 to 20 minutes. Reserve.
4. Add the remaining teaspoon of oil. Reduce the temperature to 300°F and sauté the onion until softened and slightly golden, about 5 minutes. Add all of the peas and the asparagus; stir until they become bright green, about 3 to 5 minutes.
5. Put all reserved ingredients back into the pot and toss together with the lemon zest and basil, until warmed through.
6. Adjust seasoning. Serve immediately.

*Nutritional information per serving (1 cup):*
*Calories 149 (24% from fat) • carb. 10g • pro. 18g • fat 4g • sat. fat 1g • chol. 115mg • sod. 443mg • calc. 92mg • fiber 3g*

# Osso Buco

This Italian comfort food is beautiful served over polenta, pasta or potatoes.

Settings: Brown/Sauté
Slow Cook

Makes about 6 to 8 servings

| | |
|---|---|
| **6** | **veal shanks (about 4 to 5 pounds total), about 1¼ inches thick, 3 to 3½ inches in diameter, tied with butcher's twine** |
| **1** | **teaspoon sea or kosher salt** |
| **¾** | **teaspoon freshly ground black pepper** |
| **2** | **teaspoons olive oil** |
| **1** | **teaspoon unsalted butter** |
| **1** | **large onion, peeled and finely chopped** |
| **1** | **large leek, root end trimmed, white and light green parts only, washed, finely chopped** |
| **2** | **medium carrots, peeled and finely chopped** |
| **1** | **celery stalk, finely chopped** |
| **6** | **garlic cloves, chopped** |
| **2** | **fresh rosemary sprigs** |
| **1** | **sprig fresh thyme leaves (stems discarded)** |
| **⅓** | **cup dry white wine** |
| **2** | **cans (28 ounces each) plum tomatoes, drained and roughly chopped** |
| **1** | **tablespoon tomato paste** |
| **1** | **bay leaf** |
| **¼** | **cup chopped Italian parsley** |

1. Season the shanks on all sides with the salt and pepper.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Add shanks and brown on both sides, at least 6 to 10 minutes per side, until deeply browned. Reserve.
3. Melt butter in pot; add vegetables, garlic, and herbs. Scrape up brown bits from the bottom of the pot. Cook until vegetables are softened and slightly brown, about 5 minutes. Add the wine; simmer until completely reduced.
4. Stir in tomatoes, tomato paste and bay leaf. Nestle shanks in the liquid. Liquid should come halfway up the meat. Switch unit to Slow Cook on Low for 10 to 12 hours.
5. When unit switches to Keep Warm, degrease the top of the liquid either with a ladle or by blotting with a fat mop or paper towel.
6. To serve, stir in parsley; adjust seasoning.

*Nutritional information per serving (based on 8 servings):*
*Calories 440 (43% from fat) • carb. 15g • pro. 60g • fat 13g • sat. fat 4g • chol. 229mg • sod. 964mg • calc. 123mg • fiber 3g*

# Asian Style Poached Salmon

Poached salmon is perfect served on its own or over a bed of mixed greens.

Setting: Brown/Sauté

Makes about 6 servings

| | |
|---|---|
| **6** | **garlic cloves, sliced** |
| **½** | **cup peeled and sliced ginger (about a 4- x 2-inch piece)** |
| **2** | **small to medium celery stalks, chopped** |
| **2** | **scallions, sliced** |
| **1** | **star anise pod (you may substitute ½ teaspoon ground anise)** |
| **4** | **cups chicken stock, low sodium** |
| **2½** | **cups water** |
| **¾** | **cup rice wine** |
| **¾** | **cup soy sauce, low sodium** |
| **2** | **tablespoons sesame oil** |
| | **pinch freshly ground black pepper** |
| **1½** | **pounds salmon fillet** |

1. Put all ingredients except the salmon into cooking pot of the Multicooker. Stir to combine; cover.
2. Set unit on Brown/Sauté at 400°F. Bring to a boil and then reduce heat to 300°F. Heat for an additional 25 to 40 minutes, depending on desired strength of flavor.
3. Carefully put salmon into the poaching liquid. Cover and cook for about 15 minutes, or until fully cooked through – it should flake easily with a fork.
4. Remove salmon; reserve. Continue to cook down the liquid, covered, for about 20 minutes, or until reduced to a thicker sauce that can be nicely spooned over the fish.
5. Serve immediately, sauce on the side.

*Nutritional information per serving (4 ounces of fish):*
*Calories 296 (35% from fat) • carb. 22g • pro. 29g • fat 12g • sat. fat 2g • chol. 62mg • sod. 1729mg • calc. 32mg • fiber 1g*

# Guinness Braised Short Ribs

A perfect, comforting dish for a cold winter evening.

Settings: Brown/Sauté
Slow Cook

Makes 6 to 8 servings

**10 beef short ribs (about 3 pounds total)**
**1½ teaspoons sea or kosher salt, divided**
**¼ teaspoon freshly ground black pepper**
**1½ teaspoons olive oil**
**1 small onion, peeled and finely chopped**
**1 leek, root end trimmed, white parts only, washed and finely chopped**
**2 medium carrots, peeled and finely chopped**
**1 celery stalk, finely chopped**
**3 garlic cloves, finely chopped**
**¾ teaspoon dried thyme**
**12 ounces Guinness beer (one standard bottle)**
**2 tablespoons tomato paste**
**4 fresh Italian parsley sprigs, chopped**
**water, if necessary**

1. Season the beef well on all sides with ½ teaspoon of the salt, and all the pepper.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once hot, add the short ribs (may need to cook in two batches). Cook for 5 to 6 minutes on each side, until very nicely browned. Remove and reserve (repeat with remaining if necessary). Carefully wipe up most fat, leaving only about 2 teaspoons behind.*
3. Add the vegetables, garlic, thyme and remaining salt to the pot and reduce the temperature to 375°F. Cook until onion is translucent and vegetables are slightly softened, about 3 to 5 minutes. Stir in the Guinness and simmer to reduce slightly (about 3 to 5 minutes). Stir in the tomato paste. Nestle the ribs and any accumulated liquid into the vegetables. Be sure liquid comes halfway up the ribs (if it does not, add enough water to reach to that point).
4. Cover and switch unit to Slow Cook on Low for 10 to 20 hours, depending on time available. The longer it cooks the more tender the meat will be.
5. When unit switches to Keep Warm, it is recommended to degrease the pot before serving. Either remove grease with a ladle or blot with a fat mop or paper towel.
6. Once ready to serve, stir in the chopped parsley. Taste and adjust seasoning accordingly.

*Should there be excessive grease in the bottom of the pot after browning the short ribs in Step 2, refer to the instructions on page 8 of the instruction book for removal.

*Nutritional information per serving (based on 8 servings):*
*Calories 707 (80% from fat) • carb. 6g • pro. 4g • fat 63g • sat. fat 27g • chol. 129mg • sod. 406mg • calc. 35mg • fiber 1g*

# Green Chile Tamales

Although this meal involves multiple steps, the final results are well worth the effort. Note that the recipe makes 24 tamales, but only 12 can be steamed in the final step at a time. Either steam them in two batches, or refrigerate or freeze the second half.

Settings: Brown/Sauté
Slow Cook
Steam

Makes 24 tamales

**Green Chile:**

**2 pounds poblano peppers**
**2 tablespoons vegetable oil**
**1 medium onion, peeled and finely chopped**
**1 jalapeño pepper, seeded and finely chopped**
**4 garlic cloves, finely chopped**
**2 tablespoons plus 1 teaspoon unbleached, all-purpose flour**
**2 cups chicken broth, low sodium**
**2 pounds whole chicken legs (about 4 legs), roasted, meat removed and shredded**
**24 corn husks**

**Masa Dough:**

**5 cups masa harina***
**3¾ cups water**
**1¼ cups vegetable oil**
**1 tablespoon plus one teaspoon baking powder**
**2½ teaspoons sea or kosher salt**
**2 quarts water for steaming**

1. Prepare the green chile: Line the cooking pot of the Multicooker with the poblano peppers. Cover and set to Brown/Sauté at 400°F. Cook for about 30 minutes, removing cover to turn every 8 to 10 minutes, until all sides are charred (time will vary depending on the size and quantity of the peppers). Remove, put into a mixing bowl and cover with plastic wrap. Once cool to the touch, peel, seed and roughly chop. Reserve. Carefully clean any of the char from the bottom of the pot before using for the next step.
2. Put oil into the cooking pot and again set to Brown/Sauté at 400°F. When the oil is hot, add the onion, jalapeño and garlic to the pot. Stir and sauté until softened and slightly golden. Stir in the flour and cook for about 1 to 2 minutes. Whisk in the broth, using a nonstick whisk and bring to simmer until smooth and thickened (about 5 to 7 minutes). Stir in the chicken and the reserved, chopped poblanos, and switch to Slow Cook on High for 3 hours.
3. While the chile is cooking, pour boiling water over the corn husks to soak. Use an inverted plate to keep the husks submerged for up to 1 hour.
4. Remove the finished chile from the cooking pot. It should be moist, not soupy. If necessary, transfer to a strainer to remove any excess liquid. Allow cooking pot to cool enough to handle and clean. Replace in the unit to steam tamales.
5. Prepare the masa: In a large bowl, using a hand mixer, mix together the masa, water, oil, baking powder and salt.
6. Assemble tamales: Drain and rinse corn husks and lay flat. Hold one in your hand and spread about ¼ cup of masa dough onto the husk. You want to cover ⅔ of the husk toward the wider end. Place about 2 to 4 tablespoons of chile on top of the masa (this will differ depending on the size of the corn husks). Fold the narrow end of the husk up into the tamale and then roll the sides together to enclose.
7. Repeat with remaining tamales.
8. Fill multicooker pot with 2 quarts of water and set the unit to Steam fitted with the steaming rack. Place 12 of the tamales onto the rack and set timer to 1½ hours. Check after 1 hour has passed – the husk should easily peel away from the side and the masa should be set. Repeat this step, making sure that there are 2 quarts of water in the cooking pot, and steam the remaining tamales.

*Masa harina is flour made from the dried corn dough used to make tortillas and can be found in speciality food stores or in the international aisle of most supermarkets.

*Nutritional information per tamale:*
*Calories 260 (50% from fat) • carb. 22g • pro. 11g • fat 15g • sat. fat 1g • chol. 30mg • sod. 389mg • calc. 27mg • fiber 2g*

# Fresh Herb Chicken with Root Vegetables

A delicious all-in-one-pot meal.

Setting: Slow Cook

Makes 3 to 4 servings

| | |
|---|---|
| **1** | **large carrot, peeled and cut into 1-inch sliced rounds** |
| **1** | **pound yam or sweet potato, cut into ½-inch sliced rounds** |
| **1** | **small rutabaga (about 12 ounces), cut into 1-inch slices** |
| **½** | **large fennel bulb (or 1 small bulb), fronds removed, cut into ½-inch lengthwise slices** |
| **1** | **medium red potato, cut into ½-inch sliced rounds** |
| **1** | **celery stalk, sliced** |
| **1** | **teaspoon sea or kosher salt, divided** |
| **½** | **teaspoon freshly ground black pepper, divided** |
| **3** | **fresh rosemary sprigs, divided** |
| **3** | **sprigs fresh thyme leaves, (stems discarded), divided** |
| **2** | **tablespoons olive oil, divided** |
| | **nonstick cooking spray** |
| **1** | **whole chicken* (3½ to 4 pounds)** |

1. Put the carrot, yam, rutabaga, fennel, potato, celery, ½ teaspoon salt, ¼ teaspoon pepper, 1 sprig each rosemary and thyme and ½ tablespoon of the olive oil in the cooking pot of the Multicooker; toss together.
2. Season the chicken with the remaining salt and pepper. Coat the outside of the bird with the remaining olive oil and put the remaining herbs into the cavity of the bird. Tie the legs of the chicken together with butcher's twine if desired. Put chicken on top of the bed of vegetables and cover.
3. Set the unit to Slow Cook on High for 4 hours.
4. Remove chicken and cut into 8 pieces to serve with the vegetables.

*If you have the time, brown the chicken prior to slow cooking. Do this on Brown/Sauté at 400°F and brown on both the top and bottom of the chicken. Remove and reserve chicken and then prepare as instructed above.

*Nutritional information per serving (based on 4 servings): Calories 503 (24% from fat) • carb. 44g • pro. 52g • fat 14g • sat. fat 3g • chol. 147mg • sod. 808mg • calc. 159mg • fiber 7g*

# Chicken with Three Peppers

The combination of hot and sweet peppers with olives makes this delicious chicken dish burst with flavor.

Settings: Brown/Sauté
Slow Cook

Makes 4 to 6 servings

| | |
|---|---|
| **3** | **pounds bone-in chicken thighs, trimmed of any excess fat** |
| **½** | **teaspoon sea or kosher salt** |
| **¼** | **teaspoon freshly ground black pepper** |
| **1** | **teaspoon olive oil** |
| **3 to 4** | **Italian chicken sausages, about 9 to 12 ounces, cut into ½-inch slices** |
| **1** | **medium onion, peeled and finely chopped** |
| **1** | **medium red bell pepper, finely chopped** |
| **1** | **medium yellow or orange bell pepper, finely chopped** |
| **⅓** | **cup dry white wine** |
| **1¼** | **cups chopped hot and sweet cherry peppers, seeds removed** |
| **¾** | **cup green Italian olives (like Cerignola)** |

1. Sprinkle the chicken thighs on both sides with salt and pepper.
2. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once unit is heated, put thighs into the cooking pot skin side down. Brown well, about 6 to 8 minutes per side. Chicken will release from the pot once it has browned. Remove thighs and reserve.
3. Add sausages and sauté until brown, about 6 to 8 minutes. Remove and reserve.
4. Add onion and bell peppers to the cooking pot. Sauté until soft, about 5 minutes.
5. Stir in white wine, scraping any brown bits on bottom of pot with wooden spoon. Let liquid come to a boil and reduce by half.
6. Put chicken thighs back into cooking pot, along with cherry peppers and olives.
7. Cover unit and switch to Slow Cook on Low for 6 hours.
8. Once time has expired, unit will automatically switch to Keep Warm.

*Nutritional information per serving (based on 6 servings): Calories 603 (62% from fat) • carb. 8g • pro. 47g • fat 41g • sat. fat 10g • chol. 213mg • sod. 760mg • calc. 44mg • fiber 2g*

# *Entrées*

## Lemon Chicken with Rosemary

By the end of the cooking time, the chicken in this dish falls apart, making a light and lemony dish that will soon be a favorite.

Settings: Brown/Sauté
Slow Cook

Makes 8 servings

| | |
|---|---|
| **1** | **teaspoon olive oil** |
| **4** | **pounds bone-in chicken thighs, trimmed of excess visible fat with skin kept intact** |
| **1½** | **teaspoons kosher salt, divided** |
| **¾** | **teaspoon freshly ground black pepper** |
| **½** | **cup unbleached, all-purpose flour** |
| **3** | **large onions, peeled, halved and sliced** |
| **6** | **garlic cloves, roughly chopped** |
| **3** | **fresh rosemary sprigs** |
| **½** | **cup fresh lemon juice** |
| **¾** | **cup chicken broth, low sodium** |
| **1** | **tablespoon lemon zest (from about 3 medium lemons)** |
| **1** | **lemon, thinly sliced** |
| | **chopped rosemary for garnish** |

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F.
2. Season the chicken thighs on both sides with 1 teaspoon of salt and all of the pepper. Dredge the chicken thighs in flour to lightly coat.
3. Once unit is heated, put about half of the chicken, skin side down, into the hot cooking pot (usually about 6 thighs fit in the skillet at a time. You do not want to crowd the pan, because the chicken will not brown properly). Brown on both sides, about 6 to 8 minutes per side. Chicken will release from the pot once it has browned. Reserve. Repeat with remaining chicken thighs.
5. Reduce heat to 350°F. Sauté onions and garlic for 6 to 8 minutes until softened. Stir in the rosemary sprigs and remaining ½ teaspoon of salt. Add the lemon juice, scraping up any brown bits that may remain on the cooking surface with a wooden spoon. Let juice come to a boil and reduce by half, about 5 minutes. Add the chicken broth and lemon zest and let come to a boil.
6. Nestle the browned chicken thighs in the onion mixture (it is okay for them to overlap). Place lemon slices on top of the chicken.
7. Switch unit to Slow Cook on High for 2 hours. Cover and cook until thighs are cooked through (165° to 170°F) and very tender.
8. When time has expired, unit will switch to Keep Warm. Garnish with the chopped rosemary. Serve immediately in shallow bowls with rice or mashed potatoes.

*Nutritional information per serving:*
*Calories 342 (26% from fat) • carb. 16g • pro. 47g • fat 10g • sat. fat 2g • chol. 188mg • sod. 568mg • calc. 72mg • fiber 2g*

# Moroccan Lamb Stew

The North African spices complement this stew nicely.

Setting: Slow Cook

Makes 12 cups

**3** **pounds lamb shoulder, cut into 1-inch pieces***
**1** **large onion, peeled and sliced**
**1** **pound carrots (about 8 to 10 small carrots), peeled and cut into ¼-inch rounds**
**1** **1-inch piece of ginger, peeled and finely chopped**
**4** **garlic cloves, roughly chopped**
**2** **cinnamon sticks**
**1½** **teaspoons ground cumin**
**1¼** **teaspoons sea or kosher salt**
**½** **teaspoon freshly ground black pepper**
**½** **teaspoon ground coriander**
**⅛** **teaspoon cayenne pepper**
**½** **teaspoon ground allspice**
**pinch saffron**
**pinch ground cloves**
**12** **ounces dried prunes**
**2** **cans (15 ounces each) chickpeas, drained**
**¼** **cup tomato paste**
**4** **cups beef or chicken broth**

1. Put all ingredients together into the pot of the Multicooker. Stir together to coat all ingredients well.
2. Set unit to Slow Cook on Low for 22 hours.
3. Once unit switches to Keep Warm, taste and adjust seasoning accordingly.

*If you have the time, we recommend browning the meat prior to slow cooking. Do this on Brown/Sauté at 400°F as the first step.

*Nutritional information per serving (1 cup):*
*Calories 524 (45% from fat) • carb. 44g • pro. 27g • fat 26g • sat. fat 11g • chol. 81mg • sod. 615mg • calc. 70mg • fiber 8g*

# Caldo Verde

This satisfying soup of Portuguese origin is perfect on a cold winter evening.

Settings: Brown/Sauté
Slow Cook

Makes about 8 cups

**1** **teaspoon olive oil, plus more if necessary**
**¾** **pound smoked Spanish chorizo, cut in half lengthwise and then cut into ½-inch slices**
**1** **small onion, peeled and finely chopped**
**6** **garlic cloves, crushed**
**¾** **pound kale, rough stems removed and roughly chopped**
**1½** **pounds Yukon Gold potatoes, peeled and cut into 1-inch dice (covered in cold water until ready to use, to avoid oxidation)**
**1¼** **teaspoons sea or kosher salt**
**¼** **teaspoon freshly ground black pepper**
**8** **cups chicken broth, low sodium**

1. Put the olive oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once the oil shimmers across the pot, add the chorizo. Cook until chorizo is browned on both sides, about 8 minutes.
2. The amount of oil released from chorizo varies depends on the type of sausage you are using. You should have ½ tablespoon of oil remaining in the cooking pot. If the pan is dry, add some olive oil. If there is an excessive amount, carefully wipe out.* Stir in the onion and garlic and cook until softened.
3. Stir in the kale, drained potatoes, salt and pepper and toss to evenly coat with the oil. Finally stir in the chicken broth. Switch unit to Slow Cook on High for 4 hours.
4. When time has expired, unit will switch to Keep Warm. Taste and adjust seasonings as desired.

*Should there be excessive grease remaining in the bottom of the pot after browning chrorizo in Step 1, refer to the instructions on page 8 of the instruction book for removal.

*Nutritional information per cup:*
*Calories 252 (54% from fat) • carb. 17g • pro. 12g • fat 15g • sat. fat 5g • chol. 31mg • sod. 1441mg • calc. 60mg • fiber 2g*

# Shrimp & Chorizo Gumbo

Not exactly a purist's version of gumbo, but a delicious one just the same!

Settings: Brown/Sauté
Slow Cook

Makes about 14 cups

| | |
|---|---|
| **¼** | **teaspoon vegetable oil** |
| **1** | **pound chorizo or andouille sausage cut into ½-inch dice** |
| **½** | **cup dry white wine, divided** |
| **½** | **cup (1 stick) unsalted butter** |
| **¾** | **cup unbleached, all-purpose flour** |
| **1** | **large onion, peeled and finely chopped** |
| **4 to 5** | **large celery stalks, finely chopped** |
| **1** | **large green pepper, finely chopped** |
| **4** | **garlic cloves, finely chopped** |
| **2** | **tablespoons Creole seasoning** |
| **½** | **teaspoon sea or kosher salt** |
| **2** | **cans (14.5 ounces each) diced tomatoes, drained** |
| **1** | **bay leaf** |
| **10** | **cups shrimp stock* (see page 7)** |
| **10** | **ounces okra (about 22 to 24 pieces), cut into ¼-inch slices, fresh or frozen** |
| **2** | **pounds large shrimp, peeled, deveined and rinsed** |

1. Put the oil into the cooking pot of the Multicooker set to Brown/Sauté at 400°F. Once the oil is hot, add the chorizo/sausage and cook until browned all over, about 6 to 10 minutes. Carefully degrease the pan either by sopping up the grease with paper towels, or by removing pot and carefully pouring off the grease into a separate container. Return the pot to the base (if removed). Stir in ¼ cup of the white wine in order to scrape up all the brown bits that may have accumulated on the bottom of the pot. Remove sausage and reserve.
2. Lower the heat to 300°F and add the butter. Once butter has melted, stir the flour into the butter with a wooden spoon so that the mixture comes together – this is called a roux. Continue stirring roux until it is smooth and resembles the color of peanut butter, approximately 30 to 40 minutes. It is important to keep a close eye during this step as the roux could burn if it is not occasionally stirred and a low heat is not maintained.
3. Once the roux has reached the appropriate color, raise temperature to 325°F, stir in the onion and celery; sauté for about 5 minutes. Stir in the green pepper and garlic and continue to cook for another 5 minutes. Stir in the remaining ¼ cup of white wine, and again scrape any brown bits that may have accumulated on the bottom of the cooking pot. Stir in Creole seasoning and salt – stir over heat for 1 minute. Stir in drained, diced tomatoes and bay leaf. Once all ingredients are well incorporated, slowly whisk in the shrimp stock, using a nonstick whisk. Continue whisking until all ingredients are incorporated.
4. Add the reserved cooked sausage. Cover and switch unit to Slow Cook on Low for 4 hours. Once unit switches to Keep Warm, stir in the okra; switch to Brown/Sauté at 300°F to simmer for an additional 30 minutes. Taste and adjust seasoning.
5. The final step is to stir in the shrimp. The shrimp will take only 5 minutes to cook so wait until just before serving to add. If desired, set to Warm on Slow Cook for serving. Tip: Gumbo is best served in shallow bowls over rice.

*Shrimp stock is a key ingredient for this dish, and is easy to make with the shells from the shrimp used in the recipe. However, if necessary, vegetable broth can be substituted.

**Note:** Should there be excessive grease remaining in the bottom of the pot after browning sausage in Step 1, refer to the instructions on page 8 of the instruction book for removal.

*Nutritional information per serving (1 cup):*
*Calories 343 (65% from fat) • carb. 9g • pro. 20g • fat 25g • sat. fat 9g • chol. 126mg • sod. 488mg • calc. 74mg • fiber 1g*

# Super Chili

Don't be intimidated by the amount of chili powder in the recipe; most store-bought varieties lean on the side of mild. However, spice lovers can turn up the heat by just increasing the cayenne or stirring in some puréed chipotle chiles.

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups

**1¾ pounds ground beef (chuck works well)**
**1 teaspoon vegetable oil**
**1 medium onion, peeled and finely chopped**
**1 jalapeño, seeded and finely chopped**
**1 large red pepper, cut into ¼-inch dice**
**4 garlic cloves, finely chopped**
**⅓ cup chili powder**
**2 teaspoons dried oregano**
**2 teaspoons sea or kosher salt**
**¼ teaspoon cayenne pepper**
**1 can (15 ounces) crushed tomatoes**
**1 can (15 ounces) diced tomatoes, drained**

1. Set the Multicooker to Brown/Sauté at 400°F. Once hot, add the ground beef and break apart with a wooden spoon. Cook until meat is completely cooked through. Remove cooked meat and carefully remove pot from the unit and drain out all of the fat. Return pot to the base.
2. Add the teaspoon of vegetable oil to the cooking pot and set to Brown/Sauté at 350°F. Once hot, add the onion, jalapeño, red pepper and garlic. Stir together and sauté until soft and fragrant, about 5 to 8 minutes. Return the cooked beef to the pot with the sautéed vegetables. Stir in the chili powder, oregano, salt and cayenne until fully combined.
3. Add the crushed and diced tomatoes. Cover and switch the unit to Slow Cook on Low for 6 hours. When unit switches to Keep Warm, degrease the chili by either skimming any excess fat with a ladle or by gently blotting the surface with a paper towel.
4. Taste and adjust seasoning accordingly. Leave on Keep Warm until ready to serve.

*Nutritional information per serving (1 cup):*
*Calories 315 (43% from fat) • carb. 16g • pro. 30g • fat 15g • sat. fat 6g • chol. 86mg • sod. 953mg • calc. 83mg • fiber 6g*

# Spinach Dal

A traditional Indian dish based on lentils. Each version is different, depending on ingredients and spices used. This one adds spinach at the end for some color and extra nutrients.

Settings: Brown/Sauté
Slow Cook

Makes about 9 cups

**2 tablespoons ghee***
**¼ teaspoon turmeric**
**1 teaspoon ground cumin**
**2 teaspoons garam masala****
**1 1-inch piece of ginger, peeled and finely chopped**
**1 medium onion, peeled and chopped**
**1 jalapeño, seeded and chopped**
**4 garlic cloves, finely chopped**
**1½ teaspoons sea or kosher salt**
**3 cups red lentils**
**1 large dried chile, left whole**
**7 cups water**
**8 ounces fresh spinach**

1. Put the ghee into the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Once ghee melts, add the turmeric, cumin and garam masala. Sauté spices until fragrant, about 3 to 5 minutes. Add ginger, onion, jalapeño and garlic to the pot and sauté vegetables until soft and fragrant, an additional 5 minutes.
2. Add the salt, lentils, chile and water to the pot; switch the unit to Slow Cook on Low for 4 hours.
3. When unit switches to Keep Warm, stir in spinach so that it wilts just before serving.
4. Taste and adjust seasoning accordingly. Stir in additional hot water or broth if a thinner consistency is desired.

*A kind of clarified butter that can be purchased in Indian markets, gourmet and natural food shops.

**An Indian blend of spices that can be purchased in Indian markets, gourmet and natural food shops.

*Nutritional information per serving (1 cup):*
*Calories 269 (13% from fat) • carb. 41g • pro. 19g • fat 4g • sat. fat 2g • chol. 7mg • sod. 293mg • calc. 62mg • fiber 11g*

# Mushroom Barley Soup

A bowl of this deeply satisfying soup plus a slice of crusty French bread makes the perfect winter meal.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

| | |
|---|---|
| **2** | **tablespoons unsalted butter** |
| **1** | **medium leek, white and light green parts only, washed and dried well, finely chopped** |
| **1** | **medium onion, peeled and finely chopped** |
| **3** | **medium carrots, peeled and finely chopped** |
| **4** | **garlic cloves, finely chopped** |
| **24** | **ounces mushrooms (a mix of button, cremini, and all wild varieties works nicely), sliced** |
| **2** | **teaspoons sea or kosher salt** |
| **1** | **teaspoon fresh thyme leaves (stems discarded)** |
| **1** | **bay leaf** |
| **½** | **cup sherry** |
| **1** | **cup pearl barley** |
| **10** | **cups vegetable broth** |
| **¾** | **teaspoon freshly ground black pepper** |
| **1** | **tablespoon chopped fresh Italian parsley** |
| **1** | **teaspoon fresh lemon juice** |

1. Put the butter into the cooking pot of the Multicooker set to Brown/Sauté at 375°F. Once melted, stir in the chopped leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 to 8 minutes. Stir in the garlic, mushrooms, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.
2. Add the barley, broth and pepper. Cover and switch the unit to Slow Cook on High for 3½ hours.
3. Once unit switches to Keep Warm and right before serving, stir in fresh parsley and lemon juice.
4. Taste and adjust seasoning as desired.

*Nutritional information per serving (1 cup):*
*Calories 126 (15% from fat) • carb. 22g • pro. 4g • fat 2g • sat. fat 1g • chol. 5mg • sod. 767mg • calc. 32mg • fiber 4g*

# Beef Stew

This beef stew is one of the simplest you will ever find. Just combine the ingredients and cook slowly.

Setting: Slow Cook

Makes about 8 cups

| | |
|---|---|
| **2 to 2½** | **pounds beef chuck, cut into 1- to 2-inch cubes*** |
| **1** | **teaspoon sea or kosher salt** |
| **¼** | **teaspoon freshly ground black pepper** |
| **1** | **small to medium leek, white and light green parts only, finely chopped** |
| **1** | **medium onion, peeled and finely chopped** |
| **2** | **medium carrots, peeled and cut into ½-inch rounds (halve rounds if carrots are on the larger side)** |
| **1** | **medium parsnip, peeled and cut into ½-inch rounds** |
| **1** | **medium celery stalk, thinly sliced** |
| **¾** | **pound new white or red potatoes, cut into 1-inch pieces** |
| **6** | **garlic cloves, peeled, left whole** |
| **4** | **ounces cremini mushrooms, halved or quartered** |
| **1** | **teaspoon dried herbes de Provence** |
| **1** | **bay leaf** |
| **½** | **cup dry red wine** |
| **¼** | **cup tomato paste** |
| **2½** | **cups beef stock, low sodium** |
| **1** | **cup green peas (thaw first if frozen)** |
| **3** | **tablespoons chopped fresh Italian parsley** |

1. Toss all ingredients together except peas and parsley into the cooking pot of the Multicooker.
2. Set to Slow Cook on Low for 16 to 24 hours.
3. Once the unit switches to Keep Warm, stir in the peas and parsley.
4. Taste and adjust seasoning accordingly.

*If you have the time, you can brown the meat prior to slow cooking. Do this on Brown/Sauté at 400°F as the first step. If you do this, use more beef stock in the recipe, closer to 4 cups. Your yield may be slightly less as well.

**The goal is to have tender meat that falls apart when finished – a result of a long, slow cooking process. That being said, if time is of the essence, you may reduce the cooking time to 8 to 10 hours.

*Nutritional information per serving (1 cup):*
*Calories 231 (40% from fat) • carb. 14g • pro. 21g • fat 11g • sat. fat 5g • chol. 64mg • sod. 418mg • calc. 42mg • fiber 3g*

# *Soups & Stews*

## Rustic Tomato Soup

Sautéing the vegetables gives the soup a rich, sweet flavor.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

**1 tablespoon olive oil**
**3 garlic cloves, smashed**
**1 medium to large onion, peeled and roughly chopped**
**2 medium carrots, peeled and sliced**
**2 celery stalks, roughly chopped**
**1½ teaspoons sea or kosher salt, divided**
**¾ teaspoon freshly ground black pepper, divided**
**3½ pounds plum tomatoes (about 15), chopped**
**2 teaspoons dried basil**
**1 teaspoon marjoram**
**6 sun-dried tomatoes**
**¼ teaspoon baking soda**
**4 cups vegetable broth or stock**

1. Put the olive oil in the cooking pot of the Multicooker set to Brown/Sauté at 350°F. Once hot, add garlic, onion, carrots, celery and a pinch each of the salt and pepper. Sauté until soft and golden, about 8 to 10 minutes, stirring occasionally.
2. Add remaining ingredients and stir to combine. Cover and switch to Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, blend to finish soup. Divide the solids from the liquid and add some of the liquid to the blender, then follow by about 1/3 of the solids. Blend until smooth. Repeat with remaining ingredients. Taste and adjust seasonings as desired.

*Nutritional information per serving (1 cup): Calories 34 (33% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 442mg • calc. 24mg • fiber 1g*

## Chicken Noodle Soup

This effortless and soothing soup is chock full of good-for-you chicken and veggies.

Setting: Slow Cook

Makes about 13 cups

**1 medium to large onion, peeled and finely chopped**
**6 medium carrots, peeled and sliced into ¼-inch rounds**
**4 celery stalks, cut into ¼-inch dice**
**1 whole chicken (3 to 4 pounds), cut into 8 pieces**
**1¾ teaspoons sea or kosher salt, divided**
**¼ teaspoon freshly ground black pepper**
**1 handful fresh Italian parsley**
**1 sprig fresh thyme leaves (stems discarded)**
**8 cups water**
**2 cups egg noodles**
**1 cup frozen peas, thawed**

1. Put the onion, carrots, celery, chicken parts, 1¼ teaspoons salt, pepper, parsley, thyme and water into the cooking pot of the Multicooker.
2. Cover and set unit to Slow Cook on High for 6 hours. Once unit switches to Keep Warm, remove the chicken from the pot and then switch unit back to Slow Cook on High. Allow the parts to cool and remove and discard all skin and bones; shred or chop the meat and put back into the pot. Once the soup is simmering, add the noodles. Simmer until the noodles are cooked through (refer to package instructions of particular noodles). Once the noodles are cooked through, stir in the peas.
3. Switch unit to Keep Warm until serving.

*Nutritional information per serving (1 cup): Calories 91 (16% from fat) • carb. 8g • pro. 10g • fat 2g • sat. fat 0g • chol. 33mg • sod. 334mg • calc. 28mg • fiber 2g*

## Garden Vegetable Sauce

This sauce can be served chunky, or you can use a blender to make it smooth.

Settings: Brown/Sauté
Slow Cook

Makes about 6 to 8 cups

**1½ tablespoons olive oil**
**2 medium to large onions, peeled and cut into ½-inch pieces**
**4 medium carrots, peeled and cut into ½-inch pieces**
**2 cups ½-inch cubed eggplant (not peeled)**
**2 medium celery stalks, cut into ½-inch pieces**
**4 garlic cloves, smashed**
**1½ teaspoons sea or kosher salt, divided**
**1½ teaspoons dried oregano**
**1½ teaspoons dried basil**
**4 roasted red bell peppers, cut into 1-inch pieces**
**½ cup dry white wine**
**3 tablespoons tomato paste**
**4 cans diced tomatoes, strained, reserving 1 cup of the juices**
**¼ teaspoon freshly ground black pepper**
**3 tablespoons granulated sugar**

1. Put the oil into the cooking pot of the Multicooker; set to Brown/Sauté at 350°F. Once the oil is hot, add the onions, carrots, eggplant, celery, garlic and ½ teaspoon of the salt. Sauté ingredients together so that they gently cook and soften, about 8 to 10 minutes.
2. Add the oregano, basil, red peppers and wine to the sautéed ingredients. Cook until the wine has reduced by at least half. Add the tomato paste, tomatoes with the 1 cup of reserved juices, remaining salt, pepper and sugar. Bring mixture to a boil and then cover and switch to Slow Cook on Low for 3 hours.
3. Once the 3 hours expire, the unit will automatically switch to Keep Warm. If you want to serve as a more rustic-style sauce, you can serve as is. If you want a smoother sauce, transfer to a blender in batches, and blend to desired consistency.

*Nutritional information per serving (¼ cup):*
*Calories 55 (6% from fat) • carb. 11g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 433mg • calc. 32mg • fiber 2g*

## Bolognese

This Italian sauce is a classic. The longer it can simmer in the multicooker the better the flavors will be. It freezes beautifully, so it can be enjoyed again.

Settings: Brown/Sauté
Slow Cook

Makes 5 cups

**1 tablespoon olive oil**
**1 tablespoon unsalted butter**
**1 medium onion, peeled and finely chopped**
**1 medium carrot, peeled and finely chopped**
**1 medium celery stalk, finely chopped**
**4 garlic cloves, finely chopped**
**½ pound ground beef**
**½ pound ground veal**
**½ pound Italian sausage, casings removed (about 3 links)**
**1 teaspoon sea or kosher salt, divided**
**1 cup whole milk**
**¾ cup dry white wine**
**½ teaspoon freshly ground black pepper**
**1 can (35 ounces) tomatoes, roughly chopped (with juices)**

1. Put the oil and butter into the cooking pot of the Multicooker, set to Brown/Sauté at 400°F. When the butter melts, stir in the chopped vegetables including garlic. Sauté vegetables until soft and fragrant, about 5 to 6 minutes, stirring occasionally. Stir in the ground meats and ½ teaspoon of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.
2. Once the meat is brown, stir in the milk. Allow the mixture to simmer until the milk is completely evaporated. Add the wine and also simmer until liquid has completely evaporated. Add the remaining salt, pepper and chopped tomatoes to the cooking pot. Stir ingredients together well.
3. Switch to Slow Cook on Low for 6 hours.
4. Once unit switches to Keep Warm, use sauce immediately or cool to place in storage containers for refrigerator or freezer.

* Sauce will keep up to five days in refrigerator or three months in the freezer.

*Nutritional information per serving (¼ cup):*
*Calories 118 (57% from fat) • carb. 4g • pro. 7g • fat 7g • sat. fat 3g • chol. 28mg • sod. 294mg • calc. 40mg • fiber 1g*

# Beef Stock

There is nothing more wholesome or economical than preparing your own homemade stocks.

Settings: Brown/Sauté
Slow Cook

Makes about 10 to 11 cups

**1 teaspoon olive oil**
**4 pounds beef bones**
**1 large onion, peeled and cut into eighths**
**1 large leek, root end trimmed, washed well and cut into 2-inch pieces**
**4 medium carrots, peeled and cut into 2-inch pieces**
**2 medium celery stalks, cut into 2-inch pieces**
**1 large handful fresh Italian parsley**
**1 teaspoon black peppercorns**
**1 bay leaf**
**1 garlic clove, crushed**
**12 cups cold water**

1. Preheat the Multicooker to Brown/Sauté at 400°F. Put the oil into the cooking pot, and then brown the bones well, in batches if necessary, on all sides. Remove the beef bones and carefully remove the pot and pour out any residual grease.
2. Return pot to unit. Add the browned bones and remaining ingredients to the pot. Cover and switch to Slow Cook on Simmer for 14 to 20 hours.
3. Once unit switches to Keep Warm, strain stock, discarding beef bones and vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.*

* Stock will keep in refrigerator for up to one week, or two months in the freezer.

*Nutritional information per serving (½ cup):*
*Calories 42 (15% from fat) • carb. 3g • pro. 3g • fat 2g • sat. fat 1g • chol. 7mg • sod. 28mg • calc. 20mg • fiber 0g*

# Shrimp Stock

An easy-to-make stock – an essential ingredient of a great gumbo.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

**1½ pounds shrimp (about 33 large shrimp)**
**1 teaspoon olive oil**
**2 medium onions, peeled and roughly chopped**
**2 medium celery stalks, cut into 1-inch pieces**
**1 garlic clove, smashed**
**¼ cup dry white wine**
**1 bay leaf**
**12 cups water**

1. Peel shrimp. Reserve shells. Wrap shrimp and reserve for a separate use.
2. Set the Multicooker to Brown/Sauté at 400°F and add the oil. Once hot, add the shrimp shells and stir until they turn bright pink, about 2 minutes. Stir in the onions, celery and garlic and continue to cook for a few minutes until vegetables are fragrant. Add the white wine and stir until completely reduced to almost dry. Stir in the bay leaf and water and allow water to just come to a boil.
3. Cover and switch to Slow Cook on Low for 4 hours.
4. Once unit switches to Keep Warm, strain stock, discarding the shells and vegetables. Use immediately or cool to place in containers for storage in refrigerator or freezer.*

* Shrimp stock will keep in the refrigerator up to three days, or two months in the freezer.

*Nutritional information per serving (½ cup):*
*Calories 19 (14% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 1g • chol. 0mg • sod. 10mg • calc. 13mg • fiber 0g*

# *Stocks & Sauces*

## Rich Veggie Stock

This stock makes a delicious base for all soups and sauces.

Setting: Slow Cook

Makes about 10 cups

**1** **large onion, peeled and cut into eighths**
**1** **large leek, root end trimmed, washed well and cut into 2-inch pieces**
**2** **parsnips, peeled and cut into 2-inch pieces**
**1** **plum tomato, cut into quarters**
**3** **medium to large carrots, peeled and cut into 2-inch pieces**
**3** **medium celery stalks, cut into 2-inch pieces**
**1** **large handful fresh Italian parsley**
**1** **small sprig fresh thyme leaves (stems discarded)**
**1** **large garlic clove, crushed**
**½** **teaspoon black peppercorns**
**12** **cups water**

1. Put all ingredients into the cooking pot of the Multicooker.
2. Cover and set to Slow Cook on Low for 12 to 16 hours.
3. Once unit switches to Keep Warm, strain stock, discarding vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.*

* Stock will keep in refrigerator for up to one week, or two months in a freezer.

*Nutritional information per serving (½ cup):*
*Calories 24 (5% from fat) • carb. 6g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 17mg • calc. 25mg • fiber 1g*

## Easy Chicken Stock

What a wonderful way to make use of every bit of your weeknight roasted chicken.

Setting: Slow Cook

Makes about 11 to 12 cups

**1** **chicken carcass (from a 4-pound roasted chicken)**
**1** **medium to large onion, peeled and cut into eighths**
**3** **medium carrots, peeled and cut into 2-inch pieces**
**3** **medium celery stalks, cut into 2-inch pieces**
**1** **large leek, root end trimmed, washed well and cut into 2-inch pieces**
**1** **sprig fresh thyme leaves (stems discarded)**
**1** **bay leaf**
**½** **teaspoon black peppercorns**
**12** **cups water**

1. Put all ingredients into the cooking pot of the Multicooker.
2. Cover and set to Slow Cook on Low for 12 to 16 hours.
3. Once unit switches to Keep Warm, strain stock, discarding the carcass and vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.*

* Stock will keep in refrigerator for up to one week, or two months in a freezer.

*Nutritional information per serving (½ cup):*
*Calories 51 (12% from fat) • carb. 4g • pro. 5g • fat 1g • sat. fat 1g • chol. 13mg • sod. 32mg • calc. 23mg • fiber 1g*

# Turkey Swedish Meatballs

What was old is new and popular again, and that is true with this classic dish. These are sure to please everyone, Swedes and non-Swedes alike.

Setting: Brown/Sauté

Makes about 32 meatballs

**1/3 cup milk (whole or reduced fat)**
**2 slices sandwich bread, torn into 1-inch pieces**
**1 medium celery stalk, finely chopped**
**2 pounds ground turkey**
**1 medium onion, peeled and finely chopped**
**1½ teaspoons sea or kosher salt**
**¼ teaspoon ground white pepper**
**1 teaspoon baking powder**
**¼ teaspoon ground allspice**
**2 pinches ground nutmeg**
**1 large egg, beaten**
**3½ tablespoons unsalted butter, divided**
**3 tablespoons unbleached, all-purpose flour**
**4 cups chicken broth, low sodium**
**1/3 cup sour cream**

1. Put the milk into a large liquid measuring cup and add the bread. Let soak; reserve.
2. While the bread is soaking, combine the celery, turkey, onion, salt, pepper, baking powder, spices and egg in a large mixing bowl. Squeeze the milk out of the bread and add the bread (discarding the milk) to the turkey mixture. With gentle hands, mix together until fully combined. You want to mix as little as possible, because if you over-mix, the meatballs will be tough. Form into 1-inch meatballs.
3. Put ½ tablespoon of the butter into the cooking pot of the Multicooker set to Brown/Sauté at 375˚F. Once the butter melts and is hot and foamy, add the meatballs in about four batches so not to overcrowd the pan (overcrowding the pan will lead to poor browning and bring down the heat).
4. Turn the meatballs every minute or two until fully browned. Remove, reserve and repeat with remaining meatballs. Once all are browned, remove and reserve together.
5. Prepare the gravy. Add the remaining butter to the cooking pot. Once it is melted and foamy, stir in the flour. Stirring constantly with a wooden spoon, cook until the butter/flour mixture is lightly browned. Once it is browned, slowly stir in the broth. Bring to a boil and let cook until thickened, about 10 minutes. Reduce heat to 300°F and stir in the sour cream.
6. Put all of the reserved meatballs into the cooking pot with the gravy. Raise heat to 350°F and bring to a boil. Let boil for about 10 minutes to coat the meatballs with the thickened gravy.
7. Reduce heat to 250°F and keep on this temperature until ready to serve. (Note: the meatballs can be served right after boiling in Step 6. This additional time is optional, but adds to the flavor and cohesiveness of the dish.)

*Nutritional information per meatball:*
*Calories 75 (53% from fat) • carb. 3g • pro. 6g • fat 4g • sat. fat 2g • chol. 55mg • sod. 244mg • calc. 18mg • fiber 0g*

# Sausage Bites in Mustard Wine Sauce

Preparing this dish is a breeze, and it will be a hit every time – it is in the Test Kitchen! Pair this with a nice crusty bread and a favorite bottle of wine. Your guests will love you.

Setting: Brown/Sauté

Makes 48 appetizer servings

| | |
|---|---|
| **48** | **ounces smoked chicken or turkey sausages, cut on the diagonal into ½-inch slices** |
| **½** | **tablespoon olive oil** |
| **4** | **small to medium onions, peeled, halved and cut into ½-inch pieces** |
| **3** | **cups dry white wine** |
| **½** | **cup Dijon mustard** |
| **2** | **tablespoons chopped fresh parsley for garnish** |

1. Set the Multicooker to Brown/Sauté at 400°F. Cooking in batches, add about ⅓ of the sausages to the hot cooking pot, browning each batch for about 8 minutes. You really want to get the sausages nice and brown to bring out the great flavors. This step should take about 20 to 22 minutes total.
2. Once the sausages are browned, put them into the pot and reduce the heat to 350°F. Add the oil. Once oil is hot, add the onions and cook 8 to 10 minutes, or until softened and translucent – this brings out the sweetness of the onions, which adds to the dish.
3. Raise the heat again to 400°F and add the wine. Bring the wine to a boil and let cook until reduced by about two thirds, stirring occasionally.
4. Finally, reduce the heat down to a simmer, to about 300°F, and stir in the Dijon. Simmer until completely coated and slightly thickened.
5. Garnish with parsley and serve.

*Nutritional information per serving:*
*Calories 63 (38% from fat) • carb. 3g • pro. 4g • fat 3g • sat. fat 0g • chol. 15mg • sod. 290mg • calc. 12mg • fiber 0g*

# Pork Dumplings

The great thing about steaming is that the food is ready in no time. In just 30 minutes, you can have homemade pork dumplings.

Setting: Steam

Makes 18 dumplings

| | |
|---|---|
| | **nonstick cooking spray** |
| **1** | **quart water for steaming, plus more for assembling wontons** |
| **6** | **ounces ground pork** |
| **½** | **tablespoon finely chopped ginger** |
| **1½** | **tablespoons finely chopped scallions** |
| **1** | **tablespoon reduced-sodium soy sauce, plus more for serving** |
| **2** | **teaspoons sesame oil** |
| **1½** | **teaspoons rice vinegar** |
| **2** | **tablespoons chopped apple, (about ¼ of a peeled and cored apple)** |
| | **pinch ground mustard** |
| **18** | **wonton wrappers** |

1. Lightly coat the steaming rack with nonstick cooking spray. Reserve.
2. Put 1 quart of water into the cooking pot of the Multicooker.
3. Put all ingredients except the wonton wrappers into a large bowl. Gently toss with hands to fully combine, making sure not to over-mix or the filling will be too tough.
4. Set up your work station with a small bowl of water and a pastry brush, large plate or cutting board, package of wonton wrappers, and wonton filling. On a clean surface, line up 3 to 6 wonton wrappers at a time. Place about ½ tablespoon of filling in the middle of each wrapper. Brush the edges of the wrappers with a small amount of water and fold bottom point up, making a triangle. Either crimp all edges like a pleat or fold up the two end points and pinch to seal, using more water if needed. Continue to fill the remaining wontons. Keep the prepared wontons on a clean tray or cutting board and cover with plastic so as not to dry out. Transfer all filled dumplings to the steaming rack and place rack in the unit; cover.
5. Set the unit to Steam. Let steam for about 15 minutes.
6. These are delicious served with soy sauce.

*Nutritional information per dumpling:*
*Calories 58 (46% from fat) • carb. 5g • pro. 3g • fat 3g • sat. fat 1g • chol. 8mg • sod. 83mg • calc. 6mg • fiber 0g*

## Spinach & Gruyère Breakfast Strata

This is a delicious dish to have at a brunch for a crowd. The flavors are rich and it takes only a few steps to complete.

Settings: Brown/Sauté
Slow Cook

Makes twelve 1-cup servings

**½ tablespoon olive oil**
**1 garlic clove, finely chopped**
**½ large onion, peeled and chopped**
**1 teaspoon sea or kosher salt, divided**
**1 loaf (1 pound) challah bread, cut into 1-inch cubes**
**8 large eggs, beaten**
**1 cup heavy cream**
**1 cup whole milk**
**¼ teaspoon freshly ground black pepper**
**¼ teaspoon ground nutmeg**
**1 teaspoon ground mustard seeds**
**6 ounces Gruyère, shredded**
**4 ounces baby spinach**

1. Put the oil into the cooking pot of the Multicooker, set to Brown/Sauté at 350°F. Once the oil is hot, add the garlic, onion and a pinch of the salt. Sauté until golden and fragrant, about 3 to 5 minutes.
2. Switch from Brown/Sauté to Slow Cook set on Low for 3½ hours. Add the remaining ingredients; toss to combine and cover.
3. Once time has expired, the unit will automatically switch to Keep Warm.

*Nutritional information per serving:*
*Calories 307 (21% from fat) • carb. 21g • pro. 13g • fat 19g • sat. fat 9g • chol. 205mg • sod. 497mg • calc. 243mg • fiber 1g*

## Maple Cinnamon Oatmeal

What a delightful aroma to wake up to in the morning! Prepare your oatmeal the night before so it will be ready for your family to start the day right.*

Setting: Slow Cook

Makes eight 1-cup servings

**2¼ cups steel cut oats**
**4 cups water**
**4 cups milk (may use whole or reduced fat), divided**
**3 tablespoons pure maple syrup**
**2 cinnamon sticks**
**¼ teaspoon sea or kosher salt**
**pinch ground nutmeg**
**¾ cup raisins or any other dried fruit (for larger dried fruit varieties, chop into small, bite-size pieces)**

1. Put the oats, water, 2 cups of milk (substitute with water if preparing in advance), maple syrup, cinnamon sticks, salt, nutmeg and dried fruit into the cooking pot of the Multicooker.
2. Select Slow Cook on Low for 2½ hours.
3. Once unit switches to Keep Warm, stir the remaining 2 cups of milk into oatmeal. Remove cinnamon sticks and serve immediately.

*Nutritional information per serving:*
*Calories 319 (16% from fat) • carb. 56g • pro. 11g • fat 6g • sat. fat 2g • chol. 10mg • sod. 140mg • calc. 164mg • fiber 6g*

*If programming the oatmeal overnight, use only water for cooking (total of 6 cups). Stir 2 cups of milk into oatmeal as instructed once cooking time is finished and the unit has switched to Keep Warm.

# RECIPES

### *Breakfast & Starters*



### *Stocks & Sauces*



### *Soups & Stews*



### *Entrées*



### *Sides*



### *Desserts*

Cuisinart®

# Recipe Booklet

Instruction Booklet
Reverse Side



Cook Central® 3-in-1 Multicooker | MSC-600

Version no.: MSC600 Series IB-11027

IB Size: 140mm(W) x 216mm(H)

Die Cut:

Material: COVER:157GSM MATT ARTPAPER
INSIDE:120GSM GLOSS ARTPAPER

Coating: Gloss varnishing in cover

Color(Front): COVER:4C+0C
INSIDE:1C+1C

(Back): 0C

Date: APR/24/2012 Co-ordinator: Astor You / Sophie Liu

Revise Ver: F MSC600 Series IB-11027 (0.0) Operator: Chi

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B C M Y

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 4 |
| 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 4 |
| 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 4 |
| 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 4 |
| 100 | 95 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 4 |